

North Coast
journal
of Politics, People and Art

HUMBOLDT COUNTY, CALIF. • FREE
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Vol XXVI Issue 53
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Top 10
Stories
of
2015

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Masala the wandering red panda.
Photo courtesy of the Sequoia Park Zoo.

On the Cover
Designed by Holly Harvey.

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of People, Politics and Art

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Strawberry Rock Gallery

Strawberry Rock Gallery would like to thank the following artists for their support and would also like to wish them health and happiness in the New Year. The gallery looks forward to showing more wonderful creations by you and other local artists:

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Catherine Goodnow
Mirador Glass
Mike Stengl
Christina Anastasia
Rick Gustafson
M. Sanderson Morgan
Kathryn Stotler
Nancy Ayers
Rob Hampson
Susan Morton
Coco Thorpe
Dana Ballard
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Rick Tolley
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Theresa Oats
Brian Tripp
Karen Berman
Scott Hemphill
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Derek Bond
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Susan Fox

Antoinette Magyar
Hans Spek
Jeannelle Gallagher
Louis Marak
Bea Stanley
Libby George
Jim McVicker
Jeff Stanley
Tina Gleave
Susan Metzger
Sara Starr

Strawberry Rock Gallery would also like to thank the people of Trinidad for their overwhelming support of the gallery. Stop by and say hi to the artist at Strawberry Rock Gallery at their storefront at 343 Main Street in Trinidad. For more information feel free to give them a call at 707-677-5151. Again, thank you to all the artists that showed this year. We can't wait to see you all in 2016.



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A Twinkie in His Eye

Editor:

I have an easier way of making a Christmas Trifle than Ms. Rogers ("Tis But a Trifle," Dec. 24). You just use alternating layers of Pearce Duff's blancmange and Jell-O. The first layer takes (in my case) Twinkies and brandy or rum. Then you top off with whipping cream and whatever you fancy, in my case almonds and cherries. The whole process takes about four days as you have to let each layer set.

Richard C. Brown, Eureka

Who'll Stand up to Rowdy Renters?

Editor:

Mike Reinman's letter ("Share Trinidad," Dec. 24) regarding vacation rentals (VDUs) in Trinidad contains several factual errors and omissions. He believes that the most egregious impacts of vacation rentals (turning VDUs into "party houses") is a matter for law enforcement, not property managers. Yet Trinidad has no police department, and a part-time sheriff's deputy. He also fails to mention that some of the more troublesome "party houses" are not just in Trinidad, but in the adjacent Westhaven and Moonstone Beach areas. There is no practical way to enforce "nuisance" ordinances in Trinidad or the surrounding areas.

Mr. Reinman also states that Trinidad's restriction on VDU's violates the Coastal Act. In fact, Trinidad's existing restrictions were approved by the Coastal Commission in early 2015. Mr. Reinman should know this since he submitted a lengthy email to the commission opposing a critical section of Trinidad's regulations.

Lastly, nowhere in his letter does Mr.

Reinman disclose that he owns Redwood Coast Vacation Rentals and has a strong financial motivation for opposing Trinidad's restrictions.

My wife and I have rented many vacation homes through VRBO. These property owners or managers make it clear to renters what is not acceptable behavior. Security deposits will be forfeit if violations of the rules occur, and tenancy can be immediately terminated. Common rules in every home we've rented are limitations on the number of occupants, "quiet time" restrictions, and a firm "no parties" rule.

The vast majority of visitors to Humboldt County are wonderful guests. Unfortunately, a few "bad apples" turn vacation rentals into party houses. By the time neighbors can contact anyone about this, it is too late. Neighbors have already been disturbed, and a mild "slap on the wrist" is too little, too late. If Mr. Reinman and others enforced their rules these problems would not exist.

John Garland Graves, Trinidad

How are Crabs and Elk Alike?

Editor:

The article "Changing Tides" (Dec. 17) reveals that our government officials have the capacity to protect human health and safety, as well as livelihoods. Senator McGuire lauded the crabbers' decision to put people before profits. The crabbers say that they are used to an occasional "bump in the road," this time caused by natural conditions. Gov. Brown's office will be considering compensation to support these families through these troubled times.

Contrast this to the govern-

ment-sponsored tyranny in Elk River: a two decades-long public policy that assures timber profits while purposefully harming targeted people. Public and private properties are being decimated here as a proven result of timber harvesting, yet Sen. McGuire hasn't appealed to the governor for relief for us damaged victims.

While the crabbers consider their present misfortune as a "bump in the road" the Elk River community endures oppression that is the road ("Headwaters Forest at 10," Feb. 6 2009). What if the crabbing industry was being explicitly destroyed by public policies? Their bump in the road would be a mountain of hurt.

Humboldt Redwood Company's timber harvest activities in Elk River pervert a river of thriving salmon into a polluted waste ditch, contaminating water, and annihilating apple orchards and crops.

The absentee owner, John Fisher, also owns the Oakland A's and The Gap. When wealthy men demand profits over people, our government cowers from its duty to protect.

We're relieved to see that our Senator McGuire recognizes the hardships faced by hard-working crabbers in Eureka. Does he recognize the hardships faced by hard-working families in Elk River?

Or will decades of rapacious logging just be accepted as the new normal?

Jesse Noell, Elk River

A Community Problem

Editor:

As indicated in your Dec. 8 online article ("Humboldt Hits Grim Mark"), suicide is a serious public health problem.

Continued on next page »



Terry Torgerson.

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It causes immense pain and suffering to individuals and families in our community. As Humboldt County's public health director, I know the causes of suicide are complex and include factors such as mental illness, substance abuse, loss, exposure to violence and social isolation.

The problem is disproportionately acute in eastern Humboldt County, where tribal leaders reported at least six suicides in one village over the last eight months. The Centers for Disease Control and Prevention have found that young American Indian and Alaskan Native men are more than twice as likely as other groups to die from suicide.

Researchers attribute high suicide rates in rural areas to greater access to firearms, high rates of drug and alcohol use and fewer health care providers and emergency medical facilities — a “lethal triad,” according to researcher Julie Goldstein Grumet.

But help is available. The DHHS Prevention and Early Intervention program offers trainings to help residents identify warning signs of suicide, access resources and talk to friends, family members and clients about suicide. These trainings are important because most people considering suicide won't seek help on their own.

Other solutions include restricting access to lethal means by educating the public about safe storage of firearms and medication, and distributing gun locks and other safety devices.

Suicide is a community problem. Preventing suicide and building an effective safety net will require community solutions. Residents are invited to join the Suicide Prevention Network: the next meeting is Feb. 11, from 2 to 4 p.m., at the Community Wellness Center located at 908 Seventh St. in Eureka. For more information, call 707-441-5551.

If you or someone you know is at risk of suicide, please call the National Suicide Prevention Lifeline at 800-273-8255.

Susan Buckley, Eureka

The thing about landslides

is the way
they expose
the soft belly of dirt,
the clinging
ropes of root.

Tree crowns
splayed
against
the new side
of the hill,
face downslope ...
grit in the teeth.

Water-smooth
trails
transect ribs
broken
by the momentum
of rock
and sludged silt,
deep grains of grief
and loss.

— Catherine Munsee

Dad's Fault

Editor:

I would like to throw out yet another reason why Ms. Hodgson's gun control stance (“Tipping Point?,” Dec. 10) is like the old saw, “there are a thousand people hacking away at the branches of the tree of inequity, for every one hacking at its roots.”

A major contributor to a violent society is the death of the family. Single parent families and actually millions of young males with no father or male mentor. This being an incredibly violent culture by definition (football, mixed martial arts, boxing, world's biggest military, gangs, etc.), these young males have only the violent images from the movies (where guns are present in at least half the films), the government (which wages the endless war), and a police presence which is being revealed as quick to kill. Violence/apple pie, get it?

Joshua Kinch, Eureka

Write a Letter!

Please try to make your letter no more than 300 words and include your full name, place of residence and phone number (we won't print your number). Send it to letters@northcoastjournal.com ●

What's Right in Humboldt?

Feeding people in our communities

By Lynette Mullen

There has been a lot of attention paid lately to all that's wrong in our isolated little community — the high crime rate, the struggling economy and more. But amid all that's wrong, we also do some things right, and feeding people seems to be one of them.

I recently took a tour of the Eureka Rescue Mission and Executive Director Bryan Hall showed me the kitchen (and described plans for a new one). Hall showed me canned goods, the walk-in freezer full of donated Thanksgiving turkeys and tubs of bread. He explained that community members often show up to donate extra pantry items or the proceeds of a cleaned-out freezer, and that Esmeralda's Mexican Restaurant in Henderson Center prepares and donates a full, freshly prepared meal each week to feed the men, women and children in the Mission's shelters.

So many people donate that the Mission does pick-up runs every day of the week, collecting food from grocers and from schools offering leftover lunches. Local churches also hold food drives to help.

When I asked how many meals his organization provides, Hall's response was a thoughtful, “Oh my,” before estimating that the Mission served more than 5,000 meals in November. Anyone in need is welcome to enjoy breakfast or dinner at the Mission. They don't have to be guests.

And we have more than the Mission. A few blocks away, St. Vincent de Paul's dining facility feeds lunch to between 100 and 400 people a day. Some of them are homeless, but others are simply folks with limited resources. People who are hungry.

According to California Food Policy Advocates, approximately 22 percent of Humboldt County residents — more than 28,000 people — live in poverty and 40 percent of those low-income households are food insecure, meaning they are not always confident they can adequately feed themselves or their families. It seems we're doing better at helping stamp out hunger in our communities than our neighbors

to the north and east. In Del Norte and Trinity counties, 50 percent of low-income households are food insecure. In Sonoma County, which has a much lower poverty rate (12 percent) than we do, more resources and a closer proximity to major services, 39 percent of low-income households are food insecure.

That tells me we're doing comparatively well, and it might be because our service providers work together to feed the significant number of local folks in need. When the Mission gets more donated food than it can use (especially sliced bread), it takes the extra to Betty Chinn's Day Center, where volunteers make sandwiches. And, Hall says, Chinn brings the Mission her extra pastries. Anne Holcomb, director of Food for People, says this part of our local food collaborative, while less formal than she would like, is much better than it used to be when agencies didn't communicate well and sometimes found themselves competing for extra food.

Food for People is the largest food distribution system in the area, collecting and delivering goods to 17 food pantries throughout Humboldt County. I've volunteered at the food pantry in McKinleyville and watched seniors, moms with young children, homeless folks and those with mental illness and other challenges come in. I also remember a HSU student who came from the Midwest expecting a job that fell through. She found herself here with very limited resources, and food from the pantry helped her get back on her feet.

The thing that struck me most was how thankful everyone was. I had never seen people so consistently grateful for bread and canned goods. When the pantry had fresh milk or eggs, parents were thrilled.

Food For People also supplies other nonprofits, like Humboldt Domestic Violence Services, Drug and Alcohol Care Services, the Boys and Girls Club and other organizations serving folks in need. All told, the organization feeds approximately 12,000 people every month, an astounding number that includes working families,

those on disability and others struggling to make ends meet as food costs rise.

Food for People also feeds many of the more than 6,000 local children living in poverty by sponsoring summer lunch and afterschool snack programs. It also supplies food for Backpacks for Kids — a program that sends packs full of food home with children on Fridays to ensure they eat over the weekend. Local service clubs fill and distribute the packs and make sure the program keeps going, which is good because the number of kids served has tripled since it began in 2006. Currently, it helps almost 500 kids every weekend.

There are also more than just local resources to help fill the gaps. Too many people struggling to stretch their family budget don't take advantage of CalFresh, (formerly Food Stamps). In 2013, Humboldt County had 30,186 income-eligible individuals but only 20,899 local residents signed up. This means that many are missing an opportunity to add to their family's budget and increase access to nutritious food. When I was a young single mother of three and a student at Humboldt State University, I used food stamps. At that time, enrolling was a long and painful process that included regular trips to the welfare office on Koster Street with my children in tow. To use my benefits, I had to tear off vouchers in line at the grocery store while people stood impatiently behind me watching. I hated the entire process and left the program even though it helped me buy more food for my family. Many don't know that the application process has improved since then. Folks can apply online and benefits come on debit cards instead of little booklets. This is a huge, positive change and people need to know.

The holidays, and the emphasis on community giving that come with them, are all but over. But it is important to remember that — at some point — many folks find themselves in a different place than they'd predicted. A place where they need help. If you find yourself in need, please consider reaching out to one or more of the many local programs and organizations that want to help. And if you are lucky enough to have more than you need, please consider sharing. We feed people here. Let's keep doing it right. ●

When not writing for the Journal, Lynette Mullen operates Projects Delivered as an independent project manager. A Humboldt native, she also has Lynette's NorCal History Blog (www.lynette707.wordpress.com).

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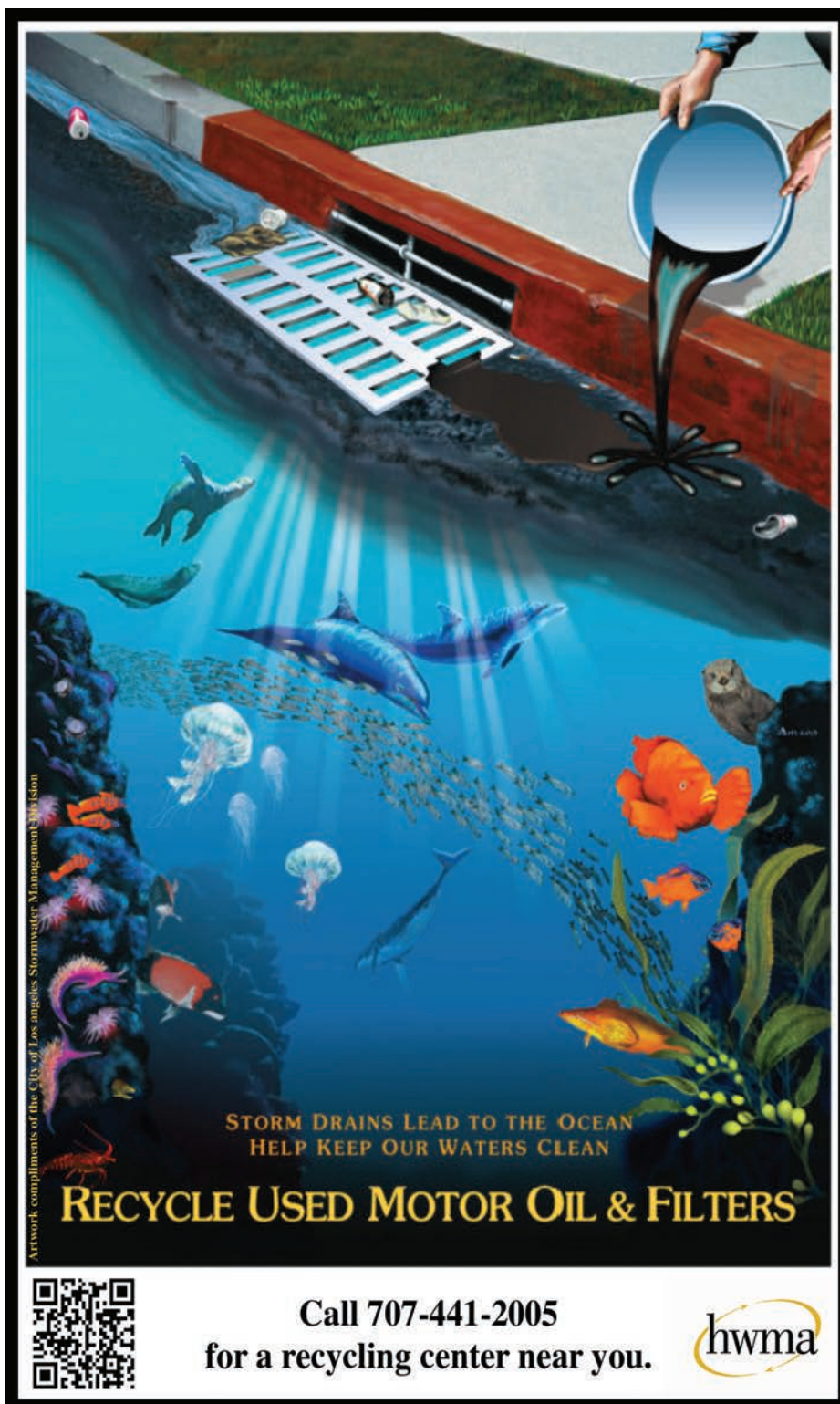
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Views

Humboldt's Information Ecosystem

When AT&T sneezes,
the North Coast gets the flu

By Sean McLaughlin

The communication systems that keep us connected are a complex network of networks. As folks on the North Coast know, when part of that system breaks down — as has happened twice in recent months — the consequences aren't always easy to predict or understand. But we also know that issues arising from unavailable or unreliable communications are not trivial as they cause damage to our economy, our democracy and the health of our whole community.

Think about how a “simple” voice call might reach you (or not).

Your voice could be transmitted over an old-school twisted pair of copper wires using analog technology that has been around since Alexander Graham Bell. Folks in the industry call that POTS for “plain old telephone service,” and we have plenty of it still in service all across rural America. For large parts of our region, this is the only service available and regulators call those providing this service “carriers of last resort” for a reason.

Humboldt County currently has three “carriers of last resort:” AT&T for most of the communities around Humboldt Bay; Verizon for SoHum and Eastern Humboldt; and Frontier for the Lost Coast from Petrolia up to Ferndale, and also up in Orick.

POTS is our legacy network, the first connections under an important social policy known as Universal Service. We gave license to a collection of monopoly providers — and as their ownership consolidated, we named them Ma Bell, a caring maternal system — to ensure that everyone had a connection to basic telephone service. Through laws and regulations administered by the Federal Communications Commission and the public utility commissions in each state, we invested huge amounts of public resources and guaranteed profitable returns to the private corporations that owned the phone networks, while requiring them

in return to connect us all with reliable, affordable service.

The social contract for Universal Service was so strong that most Americans got used to having a phone connection that worked — even when the electric grid went down.

But today, even if your phone call connects on a POTS network, it will also traverse digital transmission networks in order to be connected at the other end. Digital transmissions also traverse copper wires, as well as coaxial cable, optic fiber on the ground and various kinds of wireless links. Those digital networks represent a technology revolution that is transforming network capacity and capabilities, while raising new questions about reliability and the manipulation of network routing with traffic shaping (things like data caps and site blocking) to maximize profit for private owners.

As part of the social contract with private network operators, Universal Service programs were established to ensure that even remote rural areas — where it costs a lot to build networks — got service. These programs are now known as the federal Connect America Fund and the California Public Utility Commission's High Cost Funds, and contain huge investments of public resources (including ratepayer fees) to pay for network deployment. Programs were also established for low income folks — known as the Lifeline program — and for community anchor institutions, including E-Rates for schools and libraries. The California Teleconnect Fund is a good example, as in 2016 it will provide about \$100 million in subsidies to schools, libraries, health care providers and other community-based organizations serving to close the communications divide. Other public programs fund connections for public safety networks for first responders. Again, this is a substantial amount of public resources being used to meet public needs on networks funded largely through public investment and public licenses giv-

en to monopoly providers. Other publicly funded programs support new network construction and the deployment of broadband Internet service to unserved and underserved communities.

Many folks on the North Coast are aware of the California Advanced Services Fund (CASF), which subsidizes qualified broadband projects that bring new service to disconnected places. The State Route 36 fiber project is a good example, as nearly half the funding came from CASF. That new fiber was developed by IP Networks, is owned by PG&E and is now operated by Level3 Communications. The State Route 36 fiber provides a redundant path from Eureka to the I-5 corridor near Cottonwood.

So, when AT&T fiber gets cut along the U.S. Highway 101 corridor, why do we still have outages?

First, we need to acknowledge that our communication networks were developed as privately held public utilities with a social contract that obligated their owners to meet public interest obligations, including universal service and common carriage for open networks. Through strategic investments in lobbying and advocacy at regulatory agencies, the private owners of these communications networks achieved "regulatory capture," in effect writing their own laws and the rules used to implement them. The effect has been to undermine and weaken companies' social contract obligations for the purpose of maximizing profits to private owners.

It is a long and complex story, but the important point is that we have a clear case of "market failure" with a legacy of ineffective regulatory responses to industry efforts to hinder effective competition. This public/private history has created ripe conditions for profiteering, consumer abuse, less reliable services and a growing divide between the information haves and have nots.

Second, we have to remember that, compared to previous outages, the impact of the latest AT&T failure was much reduced. The local communications infrastructure is more resilient as new network links have been constructed. Many connections that were lost in previous outages stayed active in recent ones, being routed over the State Route 36 fiber and other network paths. For example, folks who use service from Suddenlink or 101 Netlink did not have a problem. And depending on how service was provided to their tower sites, many cell phone connections (for voice and data) also stayed active.

In addition to fiber from the south up Highway 101 to Big Lagoon and from the east near State Route 36 — we also

have robust wireless microwave links serving much of Humboldt County. A popular, locally owned service is provided by 101 Netlink for Southern and central Humboldt County and Tsunami Wireless offers service for areas north of the Mad River. The Yurok and Karuk tribes are also providing broadband service for areas along the Klamath River and connecting along routes to the north and east. And cell network providers — including AT&T and Verizon wireless divisions, US Cellular, Sprint, etc. — also build, lease and operate critical network links to and from tower sites where they exist.

Network infrastructure exists now to meet local needs without interruption; the reason any particular customer has an outage is mostly impacted by the business decisions made by their provider, which weighs profit versus reliable service. Different providers make different decisions.

Meanwhile, technology is adding intelligence to network operations that increases the resilience and reliability of services. For example, cell phone networks are now linked to wi-fi networks through smart phones and other mobile devices. So, if my phone cannot reach the cell network, it will automatically use a local wi-fi network carried over landline services to make the connection. Wi-fi and other digital transmission networks use "Voice over Internet Protocol" to relay my call.

The path to robust and resilient networks has been mapped already; it was the original social contract that provided universal access to common carrier telephone networks. That same social contract also provided for local access to cable TV networks and the creation of community media that serve public, educational and government purposes.

If you want resilient, open networks that serve everyone in Humboldt County and in the North Coast region, you have to demand them by supporting Access Humboldt and getting involved in local, state and federal policies that seek those goals. ●

Sean McLaughlin is executive director of Access Humboldt, a board member for the Schools, Health and Libraries Broadband Coalition (SHLB.org), and also serves as vice chair of the California Teleconnect Fund Administrative Committee for the California Public Utilities Commission.

Have something you want to get off your chest? Think you can help guide and inform public discourse? Then the North Coast Journal wants to hear from you. Contact the Journal at editor@northcoast-journal.com to pitch your column ideas.

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Chump Change

By Marcy Burstiner

Monty Python, John Cleese and Graham Chapman helped create a movie called *The Magic Christian* in 1969. It starred Ringo Starr as an orphan adopted by a crazy rich man who proceeds to show him how anyone will willingly do anything if you pay them enough money. It was a silly movie, but I saw it on TV as a kid and it stuck with me.

There are now many rich people and corporations in this country so rich they could pay outrageous sums for just about anything.

In December, Las Vegas casino mogul and big time Republican Party donor Sheldon Adelson bought the *Las Vegas News and Review* for \$140 million. The paper had just been bought seven months before for tens of millions of dollars less. It had also published stories critical of Adelson, and Nevada happens to be the third presidential primary state and one of only 11 swing states — states that could decide a close national election. Republicans will caucus Feb. 23 to pick their nominee.

In media circles, the purchase was a big story, not just because Adelson paid an astronomical sum for the paper, but because he did so in a deal so secret that it took the paper's own reporters a week to figure out who their new boss was.

How worried does this make me? As far as Adelson goes, not very. I read a convincing *Time Magazine* piece Dec. 18 by freelance writer Steve Friess that laid out all the bad political bets Adelson made in the past. The millions he's spent supporting candidates mostly ended in victories for their opponents. (Expect *Time* to be bought sometime soon.)

But the potential is out there. The Chinese e-commerce giant Ali Baba just bought the *South China Morning Post* in Hong Kong, leading some to fear that it would put the kibosh on any articles critical of the Chinese government. Amazon chair and founder Jeff Bezos bought the *Washington Post* in 2013.

I used to worry that General Electric owned NBC and Disney owned ABC.

Those fears seem quaint now. How many

people watch network news anymore? You can say the same about newspapers. The Las Vegas paper has had declining readership for years.

Still, do you know where you get your news? If you get your news from friends, do you know where they get theirs? Do you know where the tweeters you follow get their news? Track the source of the info in your head and it will probably originate with some mainstream news organization.

When I saw the last Democratic presidential debate a few weeks ago I kept wondering: Why hasn't Martin O'Malley gotten more attention? His positions were no more conservative than Bernie Sanders', and he seemed way more vibrant. Why wasn't the young, anti-Hillary crowd flocking to him? Maybe it had something to do with the mainstream media's lack of interest in his campaign.

If you think that mainstream media no longer has the same power it once did, you don't understand its power. Studies that go back decades have shown that while media may not have the power to change your mind about something, it can effectively get you to think about something. It frames our debates. What doesn't get into the media frame doesn't get talked about. Would Donald Trump be as viable a candidate if there wasn't story after story after story about him?

It is easy to post links to news stories on Facebook. It is more difficult to draft an original post about something more complicated than your take on *Star Wars: The Force Awakens*. Our national social media conversations tend to be responses to stuff we find online. And the stuff we find online tends to be responses to what shows up in the news. And the news is stuff posted by news people and news organizations. Rich people and corporations own these news organizations.

I've been writing this column for 10 years. I chickened out only once and it still bothers me. It was back when local billionaire Rob Arkley owned the short-lived *Eureka Reporter*, which he founded to compete against the *Times-Standard*,

then owned by Colorado billionaire Dean Singleton. The *Times-Standard* had chosen not to endorse Arkley's wife in a local election. A reporter at one of the papers told me that the two men not only hated each other, they compulsively emailed each other. I have no idea if that was true. But I imagined the emails. And I thought of doing an entire column of this imaginary back and forth between two fabulously rich and ridiculously petty men.

Then I put into perspective what Arkley could do to me with all his money and I came to the conclusion that he could easily buy up every house within a quarter mile of mine, raze them and turn the land into a pig farm. I decided my little column wasn't worth the stress of thinking about possible reprisals.

That's just me and I'm from Yonkers and people from Yonkers don't shrink from petty battles easily. Imagine on a national level what stories go unreported because some reporter fears annoying his editor who fears irritating the publisher who fears angering the owner?

Then imagine how cheap local news organizations are these days and how much cash some people and corporations have. Google sits on about \$65 billion in cash and short-term investments. For some corporations, you have to imagine the numbers because companies like Koch Industries — the holding company owned by the Koch brothers — are privately held.

On a more positive note, there is now a way for young people to make gobs of money in journalism: Start a news publication in some small but politically important town. Then identify the richest person with the most sensitive ego. Go after that person big time and then sell the publication for more money than it is worth.

Then again, that strategy might leave you living next to a pig farm. ●

Marcy Burstiner is chair of the Department of Journalism and Mass Communication at Humboldt State University. If you hate this column try offering her enough money to stop writing it.

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Week in Weed

Resolving Weed

By Grant Scott-Goforth

newsroom@northcoastjournal.com

Every year, it seems like Humboldt County's marijuana industry, and the complicated relationship our community has with cannabis, goes through massive upheaval. And every subsequent year, there seem to be even more drastic changes.

Reflecting back on 2015 (see this week's cover story), and looking ahead to 2016 fits the pattern. We are coming out of a time of unprecedented local discussion of marijuana's impacts and potential, with the most significant changes to California's marijuana landscape still on the horizon. With that, I'd like to humbly propose some New Year's resolutions for Humboldt County residents. These are for the cultivators, the neighbors, the stoners, the medicinal users. They're for everyone to consider, no matter his or her degree of separation from our billion-dollar industry.

Plan ahead:

New medical marijuana regulations have lit a wildfire behind local governments and marijuana businesses, ushering in a wave of new niche consultants to help people get legit — fast. That's a good thing. Humboldt's marijuana cultivators and manufacturers have a steep learning curve if they want to come online and compete in what's going to be a major market grab in the next couple years.

As a whole, Humboldt needs to be prepared for an exodus: Farmers are going to leave and go out of business, and with them, the cash economy they support. The black market's not going away, but success is going to become a lot harder, profit margins are going to thin, and the get-rich-quickers are going to fade out or find new roles.

Adapt:

Change means thousands of people will likely go out of business and thousands of their employees will find themselves adrift. The remaining businesses — marijuana-related or otherwise — will have to find room for these people. We need to be creative.

Celebrate the best players:

Despite the headlines, there are a lot of people out there doing it right, or trying their hardest, without much official guid-

ance up to this point. Humboldt County is currently trying to figure out how to coax the industry into legitimacy — a careful balance of stick and carrot that can't let the black market stay too attractive.

But the county's draft land use ordinance process has so far ignored a good idea from the Humboldt Mendocino Marijuana Advocacy Project. Supervisors should seriously look at a heritage license: a designation for small, organic, best practices farms where the property owner lives on the land. Those are the type of people we can thank for the industry being here in the first place. They're our small business owners. And they're a key part of keeping Humboldt's industry viable. Humboldt needs to make good quality medicine and proactively protect its name to have any hope when big marijuana finally gains purchase in California.

Include more women and minorities in the industry, and protect them:

One of the best possible outcomes of medical marijuana regulation (and recreational legalization) could be serious worker safety reforms. Despite its advantages, going up on the hill is extremely risky work. And a lot of people doing it, travelers or otherwise, are women and minorities.

Greater labor oversight will be wonderful, but it'll be more costly for employers. And in an industry that's likely to shrink, at least locally, that means fewer roles for women and minorities.

We're seeing some positive movement, like the women working to establish marijuana innovation areas in Arcata. Women are finding success creating businesses that manufacture edibles and tinctures (promoting local value-added products is another way we can, maybe, cling to viability). But the community and industry need to do everything they can to make sure women and minorities aren't pushed out as the industry comes out of the shadows.

Marijuana's not coming. It's already here. That can, and should, be a good thing. Let's all look at what we can do, in 2016, to keep it here in a way that fits Humboldt's community and values. ●

Frequently Asked Questions About Medical Cannabis at Humboldt Patient Resource Center

Over the past 16 years Humboldt Patient Resource Center (HPRC) has worked diligently to be the premier provider of medical cannabis to the City of Arcata and Humboldt County. With the vast amount of new medical research becoming available to patients, many new patients are looking to cannabis as a realistic alternative to some of their pharmaceutical uses. At HPRC our staff services both new and experienced users and receives a myriad of questions every day. In an effort to help inform our patients and community about medical cannabis, the following is a list of frequently asked questions about medical cannabis.

How do I obtain medical cannabis?

In order for an individual to become a medical cannabis patient they will need a doctor's recommendation for medical

cannabis commonly referred to as a 215 recommendation. Patients should talk to their doctor about using medical cannabis for their specific ailments or stop by HPRC for a list of doctors in the area.

How do I use medical cannabis?

Cannabis has been used for centuries as a medicine. Many patients are familiar with seeing cannabis smoked, but that is only one of its applications. At HPRC patients can find cannabis flowers, topicals, tinctures, oils, edibles, raw plant, vapor pens, transdermal patches, teas, bath soaks, and other medical cannabis applications.

What is the difference between Indica, Sativa, and Hybrid?

Many individuals familiar with cannabis have heard the terms Indica or Sativa. New patients at HPRC often see our cannabis jars labeled with strain names, lab tested potency, and either indica, sativa, or hybrid labels. In regards to cultivation of the cannabis plants, Indicas are predominately short and stout plants with broad big leaves. Sativa cannabis plants are usually taller and loosely branched with thinner leaves. Hybrid plants are a result of breeding Indica and Sativa cannabis plants.

Prior to laboratory testing of cannabis many patients would predict the experiences a certain strain of cannabis would invoke based on the way the plant grew. Sativa plants were traditionally believed to be uplifting, energetic, and euphoric. Indica plants were believed to be relaxing, calming, and inducing a body high.

Today, due to legalization of medical and recreational cannabis across the country, more research is available about the unique chemical compounds found in cannabis and the effects they induce. Over time research will help standardize the experience patients receive from cannabis based on



the chemical make-up, rather than physical appearance alone. HPRC offers lab tested medicine so patients know the chemical makeup of each strain, which enables them to navigate the vast selections available to help target their medical need.

Is smoking and eating medical cannabis the same?

This is a very common question for new users who do not wish to smoke. Many new patients will request cannabis edibles unaware that the potential effects are much stronger with edibles than smoked cannabis.

When patients ingest edibles the first effects are a result of the stomach digesting and absorbing cannabinoids. In particular, as Delta 9 THC is metabolized by the liver it converts the chemical to 11-hydroxy Delta 9THC, a chemical structure that is absorbed into the body creating a more intense "high" with a longer duration. Having lab tested medicine enables patients to understand how many milligrams of THC they are ingesting to ensure their experience is pleasant and effective. Extra care should be taken when consuming cannabis edibles due to their potent nature, and HPRC staff can help guide patients to the most appropriate dose. 🌿

The information presented in this article is not to be considered medical advice and is for informational purposes only. Always work with your primary care giver when making decisions about medicine use.

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R.I.P., KBRA

With Congress home for the holidays and the Dec. 31 deadline for Klamath Basin Restoration Agreement legislation looming, stakeholders gathered for a conference call on Dec. 28. But there wasn't much hope for a unified path forward.

"Pretty much, the KBRA's done," said Karuk Tribe Natural Resources Policy Advocate Craig Tucker.

In a somber tone, Tucker explained that the conference call was a part of the agreement dozens of stakeholders struck in 2010, a formality in the process needed to terminate the landmark agreements that would have removed four dams along the Klamath River and restored fish habitat, while giving irrigators and farmers some water security.

The agreements were forged over the course of years of arduous negotiations between PacificCorp — which owns the dams — Native American tribes, environmental groups and government agencies.

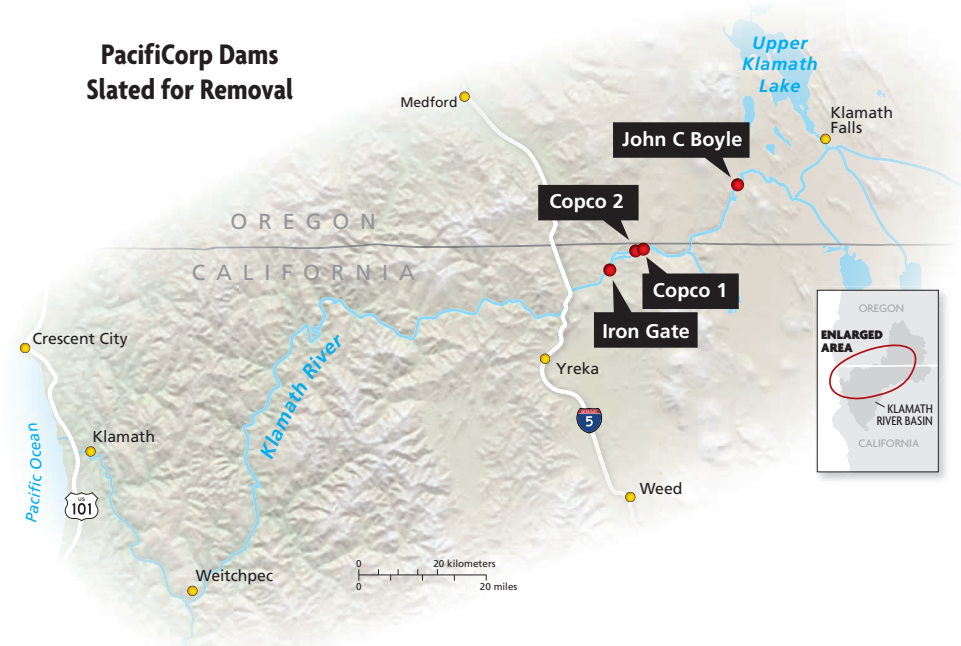
But the deal needed congressional approval, which appears to have proven a fatal hurdle. Senate bills introduced in the last two years have stalled. The Republican-controlled house all but refused

to introduce legislation until earlier this month, when Oregon Congressman Greg Walden released a draft bill that would have enacted most of the KBRA. But it left out dam removal and included the giveaway of 200,000 acres of federal forest lands to Klamath and Siskiyou counties. It was widely decried by stakeholders and Walden's fellow Oregon lawmakers, and was never formally introduced.

The path forward is unclear. "Congress has had its opportunity to solve this problem and we basically gave them a solution to a very complex problem served up with bipartisan, grass-roots support," Tucker said. "When the legislative branch is unable to do its job, we need to turn to the administrative and judicial branches."

If the past is any indicator, that likely means lawsuits over water rights and river flows. Meanwhile, the Yurok Tribe, which announced plans to withdraw from the KBRA back in September, is now working in concert with the Hoopa Valley Tribe (which was part of the initial KBRA negotiations but never signed onto the agreement) to pursue dam removal through the Federal Energy Regulatory Commission's licensing process.

PacifiCorp Dams Slated for Removal



Lawmakers had four years to enact the Klamath Basin Restoration Agreement, which would have removed the four dams pictured here. Stakeholders fear the congressional inaction will return fights over Klamath water rights to previously levels of bitterness. POSTED 12.27.15

Tucker said the Karuk Tribe plans on working with PacificCorp — which he described as a "willing partner" — the Obama administration and some private partners to chart a path forward. But he predicted a return to the acrimonious conflicts that dominated the Klamath River, from its headwaters to its mouth, for decades prior to the KBRA. "There are relationships, but, you know,

Robert E. Lee and U.S. Grant had a relationship too," he said. "It's kind of like if my kids were trying to share candy and I yelled at them and told them sharing isn't allowed and one of them has to beat up the other and take all the candy — that's kind of what I feel Congress has done to us." — Thadeus Greenson POSTED 12.27.15

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For the news as it develops and all you need to understand politics, people and art on the North Coast, follow us online.

De-Fest Your Home: Oh Christmas tree, oh Christmas tree, you've outlived your usefulness! Visit www.northcoastjournal.com for a full list of drop off sites to recycle your old trees. Meanwhile, check with thrift stores before dropping off Christmas decorations; most shops are inundated and don't want them. POSTED 12.26.15

Durst to Face LA Murder Charge: Robert Durst, who spent several years of his life in Trinidad, has agreed to be extradited to Los Angeles, where he will face a charge of murdering his longtime friend. The time spent in Trinidad by Durst, the subject of the HBO documentary *The Jinx*, was recounted in the *June 25 Journal*. POSTED 12.23.15

Dash Cam Case Continues: The *Journal* recently filed a reply to the city of Eureka's appeal of a ruling to release footage of a juvenile arrest, arguing the city has not provided the appeals court with evidence that the video should be considered a confidential police officer personnel record, and that there was "substantial evidence" that releasing the video was in the public interest. POSTED 12.22.15

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Digitally Speaking

364

The height, in feet, of the Founder's Tree, which was regularly lit up for Christmas celebrations from the late 1930s through mid-1940s to "act as beacons to prosperity and spread [a] cheerful message of confidence." POSTED 12.24.15

Comment Of The Week:

"Duane and Lost Coast Brewery will always be a part of Humboldt history and pride. Our county's future with 'product recognition' will be tested with the passage of new marijuana regulations and the revenue generated by this new phase will be due to not only our reputable product quality but also our entrepreneur advertising. No doubt Duane Flatmo will again step up to the bar." —Louis Iglesias, commenting on "When the Shark Bites," Dec. 24 POSTED 12.24.15

They Said It

"I don't think that the punitive approach we've been taking is working." —Eureka City Councilwoman Kim Bergel, promoting a possible program that would help panhandlers find and keep jobs as well as connect them with social services. POSTED 12.28.15



Left to right: Humboldt County sheriff with a body camera. Marijuana in cultivation. Traffic accident in Eureka. *File photos*

The Top 10 Stories of 2015

By Thadeus Greenson, Grant Scott-Goforth, Linda Stansberry and Jennifer Fumiko Cahill

newsroom@northcoastjournal.com

By most measures, 2015 was a rough year on the North Coast. We saw soaring numbers of traffic fatalities, suicides, drownings and homicides, including a pair of officer-involved shootings. Several years of drought left our hills primed for a summer of inland fires and dried creeks, putting added pressure on dwindling salmon runs. And the Klamath Basin Restoration Agreements — heralded just a handful of years ago as a prime example of grass-roots organizing and bipartisan compromise — imploded in the face of a Congress that failed to pass legislation to enact them. And the county's entrenched homeless population remains, despite numerous governmental efforts, which often seemed to leave officials frustrated and running in proverbial circles.

But there was some progress, too: The forward-looking Humboldt Bay Harbor, Recreation and Conservation Commission — which has arguably been the county's most ambitious governing body of late — got a stamp of approval from voters; a pair of local police agencies made the jump to outfit officers with body-worn cameras that are hoped to usher in a new era of evidence gathering and accountability; the state and the county, both long reticent to craft laws to regulate a rapidly growing marijuana industry, took major steps toward bringing it under the umbrella of government oversight; and the county received \$20 million in state funding to build

a new transitional jail facility that will allow for better mental health and rehabilitation services.

Reflecting back on all the good and bad of 2015, the *Journal* selected this year's top stories based on their immediate and lasting impacts to life on the North Coast. New Year's is a time of renewal and reflection, so we hope this helps you, our reader, take stock of the year that's passed and contemplate what will make 2016 a more prosperous and peaceful one in Humboldt County.

A Deadly Year

We lost many. Twelve drownings, 20 drug and alcohol related deaths, 41 suicides, 15 homicides and 28 road deaths all cumulated to take our friends, neighbors and relatives. Several of these mortality factors reached new highs in 2015. And most, if not all, of these deaths were preventable. So, is there a unifying cause behind these sad statistics?

Well, there's one obvious culprit. At least 13 of the 15 homicide victims either tested positive for drugs or were at the scene of a drug-related crime. Chief Deputy Coroner Ernie Stewart blames drugs and alcohol for our county's high suicide rate, saying they exacerbate existing mental health issues. Nineteen of the road deaths were also drug and alcohol related. Drugs were also found in the system of 28 people who died accidental deaths in 2015.

Humboldt County has one of the high-

est infection rates of Hepatitis C in the state, and three times the state average of drug-induced deaths. Some hope is on the horizon — the county is discussing jumping aboard a recent MediCal expansion that will cover more holistic treatment for addicts. A Suboxone program for opiate addicts offered through Open Door has been lauded as “one of the best in the state.” But the county's mental health program continues to face scrutiny due to an understaffed, reportedly dysfunctional working environment and many who work in treatment say that the multi-generational influence of addiction has led to younger and younger addicts. The New Year may well ring in with new statistics, and more lives lost to the bottle, the needle and the gun.

— Linda Stansberry

Cops on Camera

As a nation, our collective relationship with our law enforcement officers continued to evolve in 2015. Fueled in a large part by a series of high-profile officer-involved killings toward the end of 2014, police homicides continued to come under increased scrutiny, with protests engulfing cities across the country at various points in the year. Alternately, the nation watched with bated breath as officers performed heroically at the scenes of a number of the mass shootings that continue to plague our country.

These themes played out locally as

well. A pair of officer-involved shootings this year — the shootings of 47-year-old Richard Keith Kelly and 20-year-old Killian Shane O'Quinn — coupled with a two more that occurred toward the end of 2014, kept a dark spotlight on Humboldters' relationships with the officers tasked with protecting them, as well as the underlying cyclical problems of drug abuse and poverty that seem to run beneath these incidents. Meanwhile, arrests and convictions in several high-profile homicides highlighted officers' work to bring some of our most violent residents to justice.

Amid this backdrop, a pair of local agencies took large strides toward better evidence gathering and, potentially, increased accountability. Police departments in Rio Dell and Eureka both purchased body-worn cameras for all their officers and introduced policies that will require officers to record just about every encounter they have on the job. The new technology will certainly enhance officers' ability to capture witness statements and document crime scenes. And many hope the added layer of documentation will lead everyone — cops and citizens alike — to comport themselves a bit better. But what will come of the footage these cameras capture — and whether the public at large will have access to it — remains murky. Historically, departments

Continued on next page »

On the Cover

Continued from previous page

have wielded near complete discretion over whether similar videos are released to the public.

As this issue goes to press, the *Journal* is in the midst of a protracted legal battle with the city of Eureka over whether video footage from the dash camera of an officer's patrol car should be released to the public. The video in question shows officers arresting a juvenile suspect in 2012 — an arrest that led to assault allegations against one of the involved officers. In May, a Humboldt County Superior Court judge ordered the video released, finding that access was in the public's interest. But the city appealed that ruling, arguing the video should be considered a part of the officer's confidential police officer personnel file because the incident it captures led to a citizen complaint against the officer. The appeal is pending, and may be resolved in 2016.

— Thadeus Greenson

Taming the Weed

In the world of marijuana, 2015 was California's "Oh Shit" year. Bobbing in the wake of Washington (state and D.C.), Oregon, Alaska and Colorado's surge toward sanity, Golden State lawmakers decided they should probably ... maybe ... finally ... do something about the medical marijuana beast voters created nearly 20 years ago.

As the year draws to a close, Humboldt County lawmakers are scrambling to make sense of a loose framework of state medical marijuana laws signed by the governor in September. The package of bills, co-authored by North Coast lawmakers, establishes a new Bureau of Medical Marijuana, which will create business licenses and work with other agencies to regulate the state's multi-billion dollar medical marijuana industry.

In typical Sacramento fashion, the state legislature sat on its hands for two decades, then decided that local jurisdictions had less than six months to create land use laws to govern medical marijuana operations, or defer to yet-to-be-determined state rules. That left Humboldt County to craft an ordinance, run it by the planning commission and board of supervisors, absorb public input (during the holiday season) and adopt regulations by March 1. The board of supervisors will discuss the proposed law for the first time at its first meeting in 2016.

The state's rush, of course, comes from anticipation of a 2016 ballot measure that could legalize recreational marijuana in California. Already a handful of those are being crafted, with at least one expected to gain support from Silicon Valley tech



Left to right: Former pulp mill on Humboldt Bay. Humboldt County jail. *File photos*

money and political bigwigs like Lt. Gov. Gavin Newsom (whose Garberville visit in May was Humboldt's celebrity event of the year — sorry Kirsten, ♥).

You can't recap 2015 in marijuana without mentioning California Cannabis Voice Humboldt, the political action committee that launched Humboldt County's land ordinance movement and then withered less than a year later. The secretive group, prone to grandiosity, admirably sought to bring growers into compliance with environmental laws and other local codes. It held numerous meetings, raised thousands of dollars and drafted an ordinance that it ceremoniously handed over as a blueprint to the board of supervisors, though the county draft that followed barely resembled CCVH's version.

— Grant Scott-Goforth

Climate in Conflict

With a state snow pack that's creeping toward normal levels and a December that drenched the North Coast, it's easy to forget that drought talk dominated much of 2015. Several dry years had left the state, and much of Humboldt, parched. That contributed to a busy inland fire season for Humboldt that left swathes of the Hoopa Valley shrouded in smoke for weeks on end.

Scientists and fishermen alike pointed to poor river and stream flows, as well as unusual El Niño tidal patterns, as the likely culprits for a poor salmon season and dwindling fish counts. And — whether you blame El Niño, climate change or both — warmer than usual water temperatures off the coast caused enormous algal blooms that left Dungeness crab and clam fisheries testing positive for unsafe levels of domoic acid, which is potentially toxic to humans and currently threatens a total cancellation of the crabbing season.

With the rain pouring and Ruth Lake full, it's easy to imagine climate change and drought receding from the public

consciousness for a while. But both were dominant themes in 2015, and promise to be mainstays on this list for the foreseeable future.

— Thadeus Greenson

Bay Makers

Two visions of just how to shepherd Humboldt Bay, our most important natural resource, clashed this year. It was close, but in the end, a progressive, grounded-in-reality view of the bay won voters' approval.

A trio of businesspeople announced a concerted challenge to the Humboldt Bay Harbor, Recreation and Conservation District's three open seats in August. Larry Doss would eventually run unopposed, when incumbent Aaron Newman declined to seek re-election. Nick Angeloff and Susan Rotwein would go on to battle incumbents Greg Dale and Pat Higgins, respectively, saying that the current district's board was holding back Humboldt Bay's potential for economic growth and focusing too much on tourism, trails, oyster farms and conservation.

Angeloff touted his vision of a major shipping port, Rotwein tugged heartstrings with her portrayal of overlooked fishermen and all three challengers inexplicably bashed the harbor district's acquisition of the Samoa Pulp Mill.

Late last year, the district finished hauling away millions of gallons of toxic liquors housed in failing tanks. Meanwhile, it's been improving the industrial park and seeking tenants, scoring contracts with pellet manufacturers and oyster farmers. This effort apparently rankled the board's challengers — who said it was unwise to take a loan (essentially a gift) from the Environmental Protection Agency to facilitate the cleanup. That may have been Rotwein and Angeloff's undoing. Private cleanup of the mill site was a pipe dream, and the abandoned liquors were a looming environmental, economic and cultural disaster.

Higgins and Dale won re-election, and the district will continue its focus on balancing tourism, fishing, small business and trade.

— Grant Scott-Goforth

Klamath Pacts Come Down, Dams Remain

Through history's lens, 2015 could be recorded as the year the historic Klamath Basin Restoration Agreements were unceremoniously executed by Congress. Hailed in 2010 — when the landmark agreements were signed by the governors of California and Oregon, as well as dozens of stakeholders — the agreements were a bipartisan, grass-roots compromise that sought to squelch decades of bitterly entrenched squabbles over water and the environment that extended from the river's headwaters to its mouth.

The agreements were the product of years of hard-fought negotiations that left most a bit battered and bruised, and no one claimed them to be perfect (the Hoopa Valley Tribe, for instance, was involved in the negotiations but refused to sign on to the final product). And, as years passed with Congress failing to provide the legislation needed to enact the agreements, discord among the parties seemed to grow. In September of this year, the Yurok Tribe announced it was pulling out of the agreements, saying its bargained-for benefits were now unachievable. Then, as the year drew to a close, Congress again missed its deadline to enact legislation as the Republican-controlled House failed to introduce the needed bill.

The parties to the agreement have now begun the process of terminating the agreements. A host of local entities will continue to work toward the removal of the four PacifiCorp dams that dot the upper Klamath, but now with lawyers and regulators instead of compromise. Meanwhile, farmers in the upper Klamath

will face the water uncertainty that will surely put them at odds with tribes and environmentalists. Seemingly squashed just a handful of years ago through peoples' simple willingness to sit, talk, listen and sacrifice, the Klamath water wars now seem destined to continue far into the future.

— Thadeus Greenson

The Shifting Face of Public Safety

The year began with the implementation of California's Proposition 47, the voter-passed initiative that reduced a host of nonviolent felonies to misdemeanors and promised to redirect state funds spent on incarceration to local governments. "It is, basically, a crap storm out there that these guys are facing," lamented Humboldt County First District Supervisor Rex Bohn in January. "I think we're going to be sitting here a year from now going, 'Jesus, what happened?' And it's going to be terrible."

About a year later, there are probably differing views on whether Bohn's vision became a reality. What's clear, however, is that Proposition 47 has caused a large shift in local public safety and local police can no longer simply arrest their way to lower property and drug crime rates, if they ever really could in the first place. Meanwhile, Humboldt welcomed a new district attorney, Maggie Fleming, in 2015. The office has now seen an influx of new attorneys, and successfully prosecuted a pair of high-profile murder cases.

But perhaps the biggest news on the public safety front — literally and figuratively — won't be seen for a handful of years. The county announced in November that it has received \$20 million in state funding to build a new transitional housing facility onto the jail that will be designed to increase inmate mental health services and vocational counseling, and to streamline people's transition from life in custody to living successfully — and lawfully — on the outside. The new facility won't be built and operational for several years, but officials are hopeful it may help close the revolving jail door and turn repeat offenders into productive members of our community.

— Thadeus Greenson

Homelessness

If you're one of the several thousand men, women and children who live rough in the streets or woods of Humboldt County, you might well have whiplash from the constantly-shifting narrative created by policy and public opinion. Garberville and Redway now teem with seasonal

marijuana workers who have set up to stay on the riverbar. Locals who blame these recent arrivals for aggressive panhandling, litter and visible drug use have reacted by carrying tasers, patrolling the streets and protesting the installation of a public restroom on the Garberville town square. In Fortuna, a well-established homeless camp set up between the riverbar and the railroad tracks was cleared out by the County Sheriff's Department in early spring.

Nowhere has the debate over what to do with our homeless neighbors been more contentious, however, than in the area behind the Bayshore Mall known to some as "The Devil's Playground," and to others as the PalCo Marsh, where 100-odd people currently still live, even as winter rains have brought floodwater to the lips of their tents. Over the last year, the city has announced the search for a site of a temporary sanctuary camp, abandoned said search, sent notices that the campers must leave within 10 days, reversed this decision and began holding service fairs once a month, proposed several stop-gap measures that would pave the way for more charges against campers, while weathering lively city council meetings that included shouting, singing, protests and sign waving from both sides of the debate. As the year drew to a close and the literal and figurative storm raged on, the city had mandated campers into a "condensed" space just north of the mall and announced that they had found a potential space for a temporary sanctioned camp. The Mobile Intervention and Stabilization Team (MIST), a joint effort between EPD and DHHS, had referred more than 100 chronically homeless people to housing. A report on housing availability from the consulting firm Focus Strategies — which cost the city \$80,000 — has been delayed for presentation to the city council and Board of Supervisors by three months. Meanwhile, according to the *Journal's* count, there are three homeless people for every one emergency shelter bed.

— Linda Stansberry

So long, farewell, Auf wiedersehen, good night.

This might end up being appropriate for the Top 10 stories of 2016, but we felt it was worth noting now: There's a vacuum forming at the top of Humboldt County's government.

Three of the county's top officials, County Administrative Officer Phillip Smith-Hanes, Health and Human Ser-

Continued on page 19 »

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On the Cover

Continued from page 17

vices Director Phil Crandall and Planning and Building Director Kevin Hamblin, are all leaving their positions by the end of January.

That leaves a pretty substantial void. Crandall has worked for the county more than 30 years and, despite long-term, substantial problems in his department, carries a ton of institutional knowledge. (The county's appointed replacement for Crandall, Kristin Brinks, abruptly backed out of the job just two weeks after accepting it, sending the county back on the hunt.)

Meanwhile, Hamblin is slated to retire at the end of 2015, leaving Supervising Long-Range Planner Rob Wall to serve as interim director until the position is filled. The now resolved shaded parcels kerfuffle and the department's involvement in the general plan update have made it a focal point for the county's fundamental development/property rights vs. enviro/smart growth struggle.

Smith-Hanes has largely avoided contention in his six years as the head of the county's unelected staff. He's taken a job in Kansas. Now's a good time to submit your resumé's.

— Grant Scott-Goforth

Caring for our Most Vulnerable

The *Journal* reported in July that five of the county's six skilled nursing facilities had ceased to accept patients, forcing people to place their frail and elderly loved ones in facilities hundreds of miles away. The facilities, which are all owned by the same parent company, were apparently in a stand-off with the county's Medi-Cal provider, Partnership Health Plan of California, over reimbursement rates. The *Journal* found no evidence that the facilities were too full to accept new patients, as some families were told. While new patients were apparently admitted once a resolution had been reached with Partnership, as of December reports were still trickling in from patients and caregivers who have had difficulty being placed in their care facility of choice.

The Humboldt-Del Norte Medical Society, meanwhile, has called for a grand jury investigation into the county's mental health branch, which has been under increased scrutiny since the reported exodus of most of its doctors. In March, with only one full-time psychiatrist slated to be on duty for the entire branch, the

county approved outsourced staffing of the branch to an outside recruiting firm at a cost of about \$3.2 million.

In October, Gov. Jerry Brown signed the so-called Right-to-Die bill, paving the way for terminally ill patients to end their own lives with the help of physicians beginning in 2016. Local doctor Michael Fratkin said the passing of the bill "reflects an electrified social conversation that is transforming healthcare."

Fratkin, meanwhile, launched a pilot program to offer palliative care to the dying. The landmark project, which has been extended another six months, sees a team offer palliative care to patients. Another Fratkin program uses telemedicine and partner clinics to educate physicians and communities on how to better care for those preparing to pass on.

— Linda Stansberry

Bonus: The Great Escape

On Nov. 19, when we heard that Masala the red panda, just weeks shy of shipping out of her parents' place to a zoo in Tennessee, busted out of the Sequoia Park Zoo like Cool Hand Luke, Humboldt went on high alert. By the following day, national media picked up the story, while locals picked up flashlights to search for the striped scamp. Word went out on social media, news and road signs to keep our eyes peeled for everybody's favorite Asian anchor baby. Finally on Nov. 21, a tip led Zoo Manager Gretchen Ziegler and a posse of zoo staff to Masala in a backyard tree.

While red pandas are, Ziegler says, "like squirrels" and tough to contain (zoos in Washington DC and Norway have lost and found pandas), zookeepers were scratching their heads over how Masala escaped her up-to-panda-code enclosure.

Ziegler says they have a pretty good theory now. In one corner, zookeepers found telltale prints on the slick wall over the dry moat that keeps the pandas penned. A stick and extra silt may have raised the moat bed enough for Masala — who'd been casing the exits — to get a running start and panda parkour her way out like a French action star. The zoo fixed the problem, but Masala will stay in her own place until she leaves in January. Meanwhile, her twin sister, Cini, seems content at home snuggling with mom Stella Luna. Fingers crossed.

— Jennifer Fumiko Cahill ●



Masala the wandering red panda. Photo courtesy of the Sequoia Park Zoo

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Table Talk



The Sailor's Mess — just the thing after a stormy night. Photo by Jennifer Fumiko Cahill.

Hum Plate Roundup

Clean slates and clean plates

By Jennifer Fumiko Cahill

tabletalk@northcoastjournal.com

Your new year begins with the most important meal of the day. Maybe you're looking to fortify yourself after all the celebrating or you're already struggling to keep your shiny, new resolution. We've been breakfasting around to find you some options.

A Fine Mess

Trinidad's reputation as "a drinking town with a fishing problem" means it's also a town that needs a solid recovery breakfast. Lucky the place is small enough that the Trinidad Bay Eatery (607 Parker St.) is only a short stumble away. A plate of fluffy cut-out buttermilk biscuits split and blanketed with white bacon gravy might be enough to steady you (\$5.99). If nothing else, the pale expanse will blot out those fuzzy memories and thoughts of the gym.

But if you're still puzzling over what to do with the drunken sailor, the Sailor's Mess might be called for (\$11.99). Order it and your sympathetic server will bring you a plate filled to the edges with hash browns and topped with onions and peppers (vegetables!), a trio of eggs and three strips of bacon. Hidden beneath those eggs is a ladleful of that bacon gravy,

which is a fine idea. The potatoes are all you want from hash browns — a flattened haystack that's crisp on the surface and steamy and soft within. And, wonder of wonders, it's by no means a greasy affair but an actual meal to help you regain your sea legs.

If you're there when the cinnamon rolls come out of the oven, get one (\$2.99). The spiral of pastry — taking up the table like a coiled fire hose — is doused with warm icing just before serving. The sugar melting into the simple dough is comforting rather than decadent (you are not ready for some Cinnabon-esque sugar volcano). Pulling it apart to nibble with black coffee is just the thing you need.

Breakfast for the Born-again

So, after the holiday decadence you've resolved to eat healthy foods, to treat your body like a sustainably built temple instead of the shameless altar of Bacchus it's been for the last two months. But do you have to be a monk? Because that bowl of cold grains you're starting off with is a little grim. The counter at Cafe

Continued on next page »



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Table Talk

Continued from previous page

Phoenix (1300 G. St., Arcata), which boasts a changing menu of locally sourced and/or organic everything, might be a better place to start. The cake stands are stacked with scones, brownies and coffee cakes made with organic butter, flour, eggs and fruit to ease you into your new lifestyle. The blueberry scone (\$3.50) is a good place to begin — soft and cakey inside with indigo bursts of berries (antioxidants!) and a delicate, buttery crust of cinnamon. Do you want that warmed up in the oven so it's toasty outside and just a bit steamy within? Of course you do. Maybe get a side of butter (don't worry, it's organic, and we've decided butter's good right now — jump on that train while it's running). There are poached eggs and veggies on the board, but hey, baby steps. Let the next table explore Brussels sprouts as a breakfast food. You just enjoy that scone.



A scone to set you on the path of righteousness.
Photo by Jennifer Fumiko Cahill.



One-handed breakfasts for multi-taskers on the go.
Photo by Jennifer Fumiko Cahill.

Three Pies of Highly Effective People

According to your snazzy organizer app, this is the year you get it together. Grabbing some tragic breakfast bar that looks like a brick for a mud hut on your way out the door might be fast, but at what cost? Instead, make excellent use of your time by stopping at the Corner Café & Bake Shop (502 Henderson St., Eureka), where you can pick up a hot breakfast empanada from Slice of Humboldt Pie (\$3.50). The palm-sized pies are delivered stuffed and baked on the premises so the crust is warm and flaky enough that no edges will be left behind. Your choices include: the ham and Swiss, with cubes of pink, dinner-worthy ham and melted cheese; the meat breakfast empanada stuffed with

pork sausage, scrambled egg, potatoes, bacon and old-fashioned sausage gravy; and the vegetarian breakfast with scrambled egg, potatoes and impressive vegetarian sausage that does not leave non-meat eaters wanting. Get thee behind me, Hot Pocket. These are actual savory breakfasts in all their salty, rich Americana glory, tucked into the one-handed miracle of convenience and reasonable portioning that is the empanada. For extra efficiency points, call 15 minutes ahead and the bakers will toss your order in the oven and have it ready when you arrive. Grab one for the boss — this might be the year you get promoted.



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Theory of Evolution

Abstract Color at Evolution Academy for the Arts

By Gabrielle Gopinath

artbeat@northcoastjournal.com

As you pass the Fifth Street storefront that's now home to Evolution Academy of the Arts, you might wonder where Eureka Studio Arts went. In fact, the art school and exhibition space was known as Eureka Studio Arts when it was under the direction of Micki Flatmo and Linda Mitchell. Artists Brent Eviston and Laurie Tamietti took ownership in October and changed the name. The new owners plan to continue the school's legacy of community engagement and accessibility, while expanding the range of courses to include more specialized classes in watercolor, oil pastel and animation — in addition to courses in the foundational skills of painting and drawing, which remain the backbone of the curriculum. Eviston calls Evolution an “atelier style studio school” where students learn to draw in the traditional way, through a step-by-step process based on study of a live model.

This month during Arts Alive, along with paintings by Guy Joy and a preview of February's figure drawing show, the academy hosts the third in an ongoing series of community art projects. Participants create work on the theme of “Abstract Color,” and it's free and open to all. Evolution staff will provide instructions and materials, and anyone who gives it a shot can enter to win gift certificates toward Evolution classes.

An upcoming animation class builds on Eviston's longstanding interest in stop-motion. Gallery-goers will remember the animated drawings Eviston made in collaboration with Steven Vander Meer shown last year at Eureka's Piante Gallery. Those works drew inspiration from 19th century technologies like the zoetrope, the spinning cylinder that creates “moving pictures.” Graphite drawings quivered, whirled or gyrated, to uncanny and memorable effect via stop-motion. That show illustrated the artists' conviction that drawing is not just a tool or an arcane skill, but a vital way to interpret the observed

world. The same message informs Eviston's approach to teaching.

“Art is not a talent,” Eviston says. “It's a skill, and it can be learned. People often say, ‘Oh, I can't draw, I'm not talented,’ but drawing from life is a skill like any other.” Eviston aims to bring this empowering message to the Eureka

masses via affordable, accessible classes designed to be welcoming to beginners of any age, with little or no prior experience.

In conversation, Eviston emphasizes that students need to demystify drawing — and lose the mental baggage associated with concepts like “talent” and “genius” — in order to be able to approach it with creative freedom. Competent draftsmanship is no more the effortless product of talent than a bull's eye in archery or a black belt in martial arts. Mastery derives from hundreds or thousands of hours behind the pencil.

In traditional studio classes, students hone their powers of observation through a disciplined, step-by-step process that sharpens the connection from eye to hand. It has changed little since the Renaissance, but Eviston argues persuasively for its contemporary relevance in a 2012 TED talk posted on YouTube titled “How Learning to Draw has Taught Me How to Live.”

Because drawing is a time-consuming process that inevitably incorporates mistakes, it exposes learners to a process in which errors must be incorporated. It models a mode of creative thinking that Eviston thinks may be particularly important in the fluid, unstable, contemporary workplace.

“There's a sense that people often get, when viewing an old drawing, that it was done because the camera had not yet been invented,” Eviston says. “But the act of drawing is much closer to solving

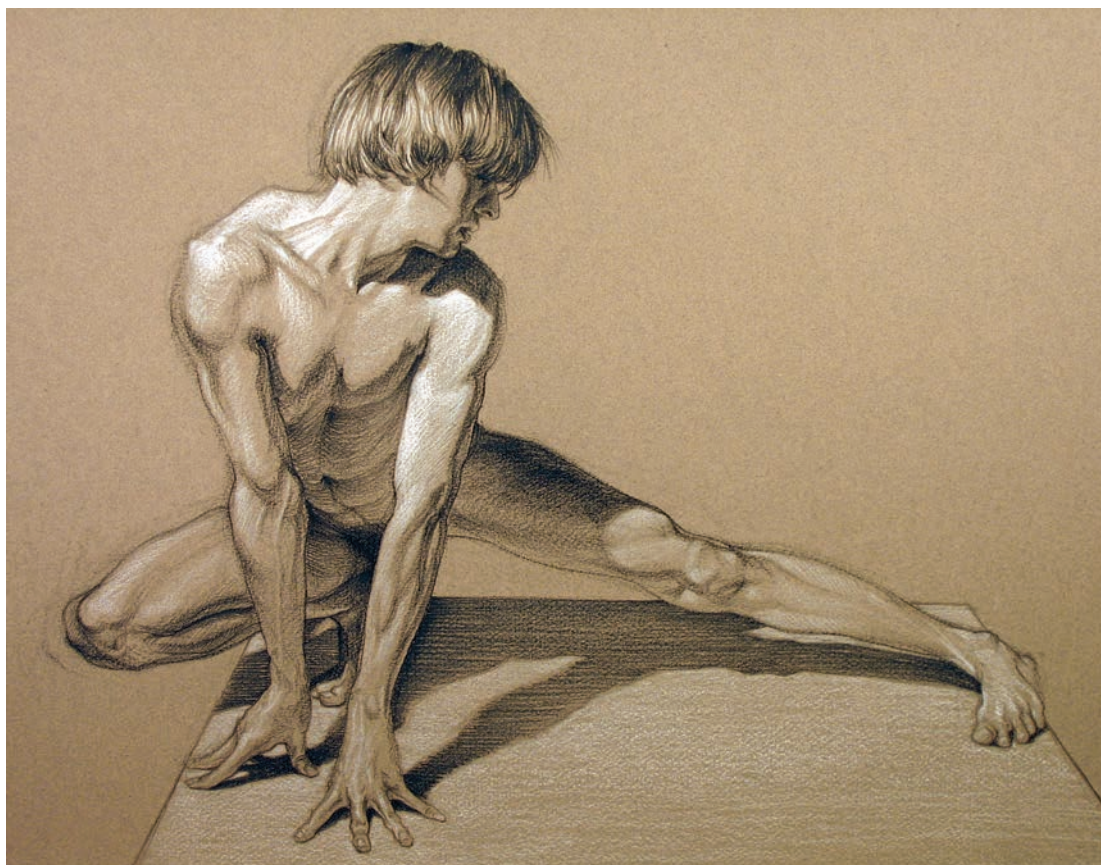
a mathematical equation than to taking a photograph. Drawing is an active way of engaging reality — of observing, analyzing and recording it, with the possibility of reimagining it.”

Drawing also helps us understand the value of errors. “Too often people experience a sense of shame regarding their mistakes, Eviston says. “But imagine what might have been different in your life if your mistakes in any area had been viewed as normal, temporary and holding vital clues to your eventual success.”

But how do you get students to let go of that critical interior voice?

“First, you have to get past the myth of talent and accept that art is a skill like any other,” he says. “It's like learning to drive. When drawing or painting, you have to think of an act in multiple ways at once. I don't just put students in front of the model and say, ‘OK — draw!’ I try to isolate the steps and treat each one independently.”

Eviston stresses learning lightly first and accepting that those first lines won't necessarily be right. But every line offers the opportunity for correction: the opportunity to do over, to translate optical information more vividly with greater accuracy. “It's a process. And over time, you correct your mistakes. Over time, you darken and solidify the lines. Drawing is a lifelong process,” he says. “The best students are not the ones who get it right the first time; they're the ones with the fortitude to persevere, and keep on.”



An untitled figure drawing by Brent Eviston included in next month's exhibition.

Courtesy of the artist

Eviston himself began drawing at a tender age, like most children, “and just never stopped. Nobody starts off good at drawing!” he laughs. “But, it was always what I really enjoyed doing. And really enjoying the process was important. If I had a particular strength, I would say that it was this: I was not too hard on myself. If I didn't get it right the first time, I would just keep trying.”

When you concentrate on making a record of your visual perception, it creates a meditative pleasure outside the realm of language. This pleasure remains key to Eviston's practice. “The observational aspect of engagement with the subject is very meditative. Any other time of day an orange sitting on a table is ... an orange sitting on table. But when you start to pay attention to that orange, you develop a relationship with it. You feel the form. You become attuned to the smallest shifts of light and color.” Through paying attention, one actually learns to see more.

The deep, sustained absorption that drawing demands is a valuable counteractive to the distracted multi-tasking of “screen time” at home and in the workplace. It's easy to understand why Eviston wants to reach the widest possible audience. Through the classes and the community projects, Eviston is “calling for a widespread visual literacy — whether it's on paper, tablet or any other form of technology. And visual literacy begins with drawing.”

Arts Alive!

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Arts Nights

Continued from previous page



Timothy Mayhew, Morris Graves Museum of Art

HUMBOLDT CHOCOLATE 425 Snug Alley.
Rob Hampson, artwork.

HUMBOLDT HERBALS 300 Second St.
"Birds of Costa Rica," Deborah Ketelsen,
photography. Music by Jan Bramlett.

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Screen prints.

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Richard Dunning, paintings.

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Jackson Falor Ward, artist.

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Seana Burden, glitter art.

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Sts. John Palmer, oil paintings.

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2-D artists.

OLD TOWN COFFEE and CHOCOLATES 211 F St.
Music by Jim Lahman Band.

PRIMATE TATU 505 H St.
Michael Arneson, artwork.

RAMONE'S 209 E St. Reuben T. Mayes, abstracts.
Music by Tony Roach.

REDWOOD MUSIC MART 511 F St.
Music by Joyce Carter and Mary Harper.

SEAMOR'S 418 Second St. "Ugly Buddies,"
Dorian Daneau, handmade monster dolls.

SHIPWRECK 430 Third St. "Shipwreck with Spec-
tator," Nicole Kita, print media.

SIDEWALK GALLERY at Ellis Art and Engineering
401 Fifth St. Art by Natalya Burke.

SMUG'S PIZZA 626 Second St.
Brandon Garland, pen and ink.

STEVE AND DAVE'S First and C St. Barry Evans,
photography. Music by Dr. Squid.

STONESTHROW BOUTIQUE 423 F St. "Running in
Circles," Mario Torres, stencil work.

SUMMIT FUNDING 108 F St. Susan Galliani and
Janice Stewart, glass artwork.

**SUNROOM STUDIOS AT HUMBOLDT HONEY
WINE** 130 West 4th St. Paul & Heidi Leslie,
pottery.

THE LITTLE SHOP OF HERS 416 Second St. Chel-
sea Sanderson, drawings and paintings.

THE LOCAL 517 F St. Dre Meza, mixed media.

THE PHILOSOPHER'S STONE GALLERY 218 F St.
Marisa Kieselhorst, watercolors.

THE WINE SPOT 234 F St.
"Stagecoach Robbers in Old Town," story art.

TRUCHAS GALLERY/LOS BAGELS 403 Second St.
"Reflected Words," Jan Ramsey, acrylic and oil
paintings.

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The Absynth Quartet plays New Year's Eve, Thursday, at Humboldt Brews. Show starts at 9:30 p.m. and tickets are \$17.

2016

Another trip (and back again) around the sun

By Andy Powell

thesetlist@northcoastjournal.com

The holiday season has come to a close; another year behind us, and more importantly, another year in front of us. Another successful circumnavigation around that glowing nuclear orb we call the sun. Without turning this into an astronomy lesson, we are roughly in the same location in relation to the sun that we were last year, but we're far from being in the same place as we were a year ago, in the grand scheme of things. Our solar system is taking its trip around our galaxy. So we're actually in

a very different place than we have ever been, even if it feels the same.

Our lives can be looked at similarly. We may be in roughly the same situation we were last year. Same job (or lack thereof), same kids, same daily grind, etc. However, when we really think about it, we are far from who we were 365 days ago. Much has shaped us in every day of 2015. The non-stop and unscripted daily interactions we have with our families, our friends, ourselves and the world around us constantly change us and create a dynamic timeline of personal permutations. It may not be easy to see from the outside, but we are never completely the same person we were just a day earlier. Not only do we change, but necessarily, so does the world around us. This is most of the reason that we celebrate every new year. It is a moment of collective hope, a moment to celebrate not only the year behind us, but the year we are about to experience, and the hope that it will be better. (You can define "better.")

It is with this hope that many of us wish for a more peaceful world. I am hard pressed to think of a time when peace isn't superior to its alternative. If one follows

national news outlets — which often peddle in hopelessness — it is easy to feel overwhelmed with how quickly the hell-bound handbasket is travelling. However, if we take a step back and look around us, especially on the local level, it becomes clear how much potential for good this new year holds. The future is not only unwritten, but most importantly, we all hold pens. So whether you choose to celebrate the new year and Manifest the Peace (more below) and join your neighbors at The Jam, or you celebrate more privately, realize the power to change and the path to peace begin within.

Thursday

It's New Year's Eve, and there are some lucky bands out there that got booked where the crowds are sure to crush it. At The Jam, you'll have a great time getting down to locals **Motherlode** and **Object Heavy**. The show starts at 8 p.m. with the bands alternating sets and jamming late, and includes a free champagne toast at midnight with the \$12 ticket charge. A few blocks away, locals **The Trouble** will start the show off at Humboldt Brews at 9:30 p.m. followed by annual NYE regulars **The Absynth Quartet** for \$17. Expect a great show with barroom blues and bluegrass moves.

If free admission's a bit more to your liking, Six Rivers Brewery hosts the **Jim Lahman Band** at 9 p.m., and then, up in the Lake o' Blue, **Nighthawk** starts at the same time for the same price at the Blue Lake Casino & Hotel. Happy New Year!

Friday

It's the first day of 2016, and what better day to celebrate peace? As mentioned above, The Jam in Arcata will be hosting **Manifest the Peace** starting at 7 p.m. Local talent will get the spotlight; the Jam's Pete Ciotti tells me "poets, songwriters, bands

and DJs" will be entertaining the crowd with an emphasis on "creativity and [a] positive outlook". All the money raised will go to the third annual Increase the Peace benefit, which will donate all of its profits to KHUM's "Stop the Violence" campaign. Donations are on a sliding scale, so give what you can before you dance for peace. It's an all-ages show until 10 p.m., at which point it'll be for the 21-and-over crowd. Give peace a chance.

Genetically linked rockers **Doug Fir and the 2x4s** will be at Cher-Ae-HeightsCasino at 9 p.m., entertaining you for free.

Monday

Had Frodo and Samwise started a band with some of the orcs behind the gates of Mordor, perhaps they would sound like **Ice Sword**, which will rock the Alibi in epic style at 11 p.m. for only \$3. Don't think of the Flagstaff band's "fantasy metal" in the sense of some yet to be discovered element, but rather dramatic heavy metal with some influences of renaissance and classical music.

Tuesday

As usual, you'll find **Buddy Reed** rippin' it up at Libation off the Arcata Plaza. Also as usual, he's not asking for your money when he goes on at 7 p.m.

Also free are the **Opera Alley Cats**, who will be playing jazz at the Speakeasy in Eureka starting around 7:30 p.m.

Full show listings in the *Journal's* Music and More grid, the Calendar and online. Bands and promoters, send your gig info, preferably with a high-res photo or two, to music@northcoastjournal.com. ●

Andy Powell is a congenital music lover and hosts The Night Show on KWPT 100.3 FM weeknights at 6 p.m. He hopes to learn how to write well in 2016.

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Live Entertainment Grid

Music & More

ARCATA & NORTH

Eureka and South on next page

Arcata • Blue Lake • McKinleyville • Trinidad • Willow Creek

VENUE	THUR 12/31	FRI 1/1	SAT 1/2	SUN 1/3	M-T-W 1/4-6
THE ALIBI 744 Ninth St., 822-3731					[M] Ice Sword (fantasy metal) 11pm \$3
ARCATA THEATRE LOUNGE 1036 G St., 822-1220	Fancy-Pants New Year's Eve Celebration w/Librarian, Danny Corn and Zanapod 9:30pm \$20 advance			<i>Aladdin</i> (film) 6pm \$5, All Ages	[W] Sci-Fi Night ft. <i>This is Not a Test</i> 7:30pm Free w/\$5 food/bev, All Ages
BLONDIES 822-3453 420 E. California Ave., Arcata	Open Mic 7pm Free			Jazz Jam 6pm Free	[M] Trivia Night 7:30pm Free [W] Science on Tap 7pm Free
BLUE LAKE CASINO WAVE LOUNGE 668-9770 777 Casino Way	Sapphire: NYE w/Caravan of Glam 9pm \$45, \$35 Wave: Karaoke w/KJ Leonard 8pm Free NightHawk (dance hits) 9pm Free Open Mic w/Jimi Jeff 8pm Free NYE w/Taxi (rock) 9pm Free	Live Music 9pm Free	Live Music 9pm Free	Karaoke w/KJ Leonard 8pm Free	
CENTRAL STATION 839-2015 1631 Central Ave., McKinleyville	Totally Awesome '80s New Year's Eve w/Dr. Squid 9pm Free	Karaoke w/Rock Star 9pm Free			
CHER-AE HEIGHTS CASINO FIREWATER LOUNGE 677-3611 27 Scenic Drive, Trinidad		Doug Fir & the 2X4s (classic rock) 9pm Free	707 (funk, rock) 9pm Free	Karaoke w/DJ Marv 8pm Free	[T] Karaoke w/DJ Marv 8pm Free
CLAM BEACH INN 839-0545 4611 Central Ave., McKinleyville		Kindred Spirits (bluegrass) 10pm Free			
FIELDBROOK FAMILY MARKET 4636 Fieldbrook Road, 839-0521			Acoustic Night Saturdays 6pm Free		
HUMBOLDT BREWS 856 10th St., Arcata 826-2739	NYE Celebration with Absynth Quartet, The Trouble 9:30pm \$17-\$20	Phish - Live Webcast 5pm	Phish - Live Webcast 5pm		
THE JAM 915 H St., Arcata 822-4766	NYE Motherlode, Object Heavy 9pm TBA	Manifest the Peace Fundraiser w/No Covers, Space Biscuit, et al. 8pm TBA		DGS Sundaze (EDM DJs) 9pm \$5	[T] Savage Henry Comedy 8pm \$5 [W] The Whomp (DJs) 10pm \$5
LARRUPIN 822-4766 1658 Patricks Point Dr., Trinidad		Blue Lotus Jazz 6pm Free		Dogbone (feral jazz) 6pm Free	[W] Aber Miller (jazz) 6pm Free
LIBATION 761 Eighth St., Arcata 825-7596	New Year's Eve Party 7-10pm				[T] Buddy Reed (blues) 7pm Free
LIGHTHOUSE GRILL 355 Main St., Trinidad 677-0077				Kelly Busse and Harry Smith (jazz) 5pm Free	



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The Jim Lahman Band plays New Year's Eve, Thursday, at Six Rivers Brewery at 9 p.m. Free.

VENUE	THUR 12/31	FRI 1/1	SAT 1/2	SUN 1/3	M-T-W 1/4-6
LOGGER BAR 668-5000 510 Railroad Ave., Blue Lake	NYE Celebration TBA Free		Karaoke 9pm Free	Potluck (food) 6pm Free	[T] Open Irish Music Session 8pm Free
NORTHTOWN COFFEE 1603 G St., Arcata 633-6187	Trivia Night 7pm Free	Open Mic w/Jeremy Bursich 7pm Free			[T] Human Expression Open Mic 7pm Free
OCEAN GROVE 677-3543 480 Patrick's Pt. Dr., Trinidad					[M] Dancehall Mondayz w/Rudelson 8pm \$5
RAMPART SKATEPARK 700 S G St., Arcata 826-0675	RampArt New Year's Celebration 9pm \$15				
REDWOOD CURTAIN BREW 550 S G St. #6, Arcata 826-7222					[T] Blazz (blues, jazz) 7pm Free
RICHARDS' GOAT TAVERN 401 I St., Arcata 630-5000	Miniplex: <i>The Wonders</i> (film) 7pm \$8 NYE Party! (DJ music) 10pm Free	<i>James White</i> (film) 6:30pm \$8	Miniplex: <i>The Messenger</i> (film) 4pm \$6.50 <i>James White</i> (film) 6:30pm \$8	Miniplex: <i>The Messenger</i> (film) 4pm \$6.50 <i>James White</i> (film) 6:30pm \$8 Karaoke 9pm Free	[M] Miniplex: <i>James White</i> (film) 6:30pm \$8 [T] <i>The Messenger</i> (film) 5:30pm \$8 Ritmos Latinos w/DJ Panchanguero 8pm Free [W] Miniplex: <i>James White</i> (film) 6:30pm \$8
SIDELINES 732 Ninth St., Arcata 822-0919	Rudelson Sound (DJ) 10pm TBA	DJ Music 10pm TBA	Sidelines Saturdays w/Rudelson 10pm TBA		
SIX RIVERS BREWERY 839-7580 Central Ave., McKinleyville	NYE w/Jim Lahman Band (rock, blues) 9pm Free			Trivia Night 8pm Free	[M] Karaoke w/DJ Marv 8pm Free [T] Sunny Brae Jazz 7:30pm Free [M] Anemones of the State (jazz) 5pm Free
SUSHI SPOT 839-1222 1552 City Center Rd., McKinleyville					[W] Reggae Wednesdayz w/Rudelson 10pm Free
TOBY & JACKS 764 Ninth St., Arcata 822-4198		Hip-hop DJs 9pm Free	DJ Music 10pm Free		

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VENUE	THUR 12/31	FRI 1/1	SAT 1/2	SUN 1/3	M-T-W 1/4-6
BAR-FLY PUB 91 Commercial St., Eureka 443-3770	New Year's Eve Karaoke 9pm Free	Bar-Fly Karaoke 9pm Free	DJ Saturdays 10pm Free		[W] Bar-Fly Karaoke 9pm Free
BEAR RIVER CASINO 11 Bear Paws Way, Loleta 733-9644	New Year's Eve Glitter & Gold Ballroom: Lighting Boom Productions (DJ music) 9pm Free. Thirsty Bear: Undercovers (covers) 9pm Free.	Dr. Squid (dance hits) 9pm Free			
CALICO'S CAFE 923-2253 808 Redwood Drive, Garberville			Frisky Brisket (violin, guitar) 7pm Free The Tumbleweeds (cowboy) 6pm Free	Jen Tal and The HuZBand (acoustic duo) 6:30pm Free	
CHAPALA CAFÉ 201 Second St., Eureka 443-9514		The Tumbleweeds (cowboy) 6pm Free			
CURLEY'S FULL CIRCLE 460 Main St., Ferndale 786-9696					[W] Open Mic Night 7pm Free
EUREKA INN PALM LOUNGE 518 Seventh St., 497-6093	Brian Post & Friends (jazz) 6pm Free Salsa 9pm Free				[T] Anna Banana (blues comedy) 8pm Free [W] Comedy Open Mikey 9pm Free
EUREKA VETERANS MEMORIAL 1018 H St., 443-5341					[W] Verbal Abuse & Miasmic (punk) 6pm \$6
FERNBRIDGE MARKET RIDGETOP CAFE 786-3900 623 Fernbridge Dr., Fortuna					[M] Open Mic 5:30pm Free
GALLAGHER'S IRISH PUB 139 Second St., Eureka 442-1177	Seabury Gould and Evan Morden (Irish) 6pm Free	Pappa Paul (folk) 6pm Free			
LIL' RED LION 1506 Fifth St., Eureka 444-1344			Karaoke w/DJ Will 9pm Free	Karaoke w/DJ Will 8pm Free	[T] Pool Tournament 7pm \$5
MATTOLE GRANGE 36512 Mattole Rd., Petrolia 629-3421	New Year's Eve Barndance w/ Striped Pig Stringband 5pm \$12, \$6				
OLD TOWN COFFEE & CHOC. 211 F St., Eureka 445-8600			Jim Lahman Band (blues, funk, rock) 7pm Free Itchie Fingaz (DJ music) 10pm Free		[W] Open Mic w/Mike Anderson 7pm Free
PEARL LOUNGE 507 Second St., Eureka 444-2017	New Year's Eve w/D'Vinity (DJ music) 10pm \$10				
ROSE'S BILLIARDS 535 Fifth St., Eureka 497-6295	Ultra Class Fridays (DJ music) 10pm Free				[T] 8 Ball Open BCA Tournament 7:30pm \$10
SCOTIA INN 100 Main St. 764-5338	New Year's Eve Party (live jazz) 7pm \$25, \$45/couple				

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SHOOTERS OFF BROADWAY 1407 Albee St., Eureka 442-4131	New Year's Eve Party (DJ music) 9:30pm Free	Country & Rock Night w/ Accurate Productions (DJ music) 9pm Free		Karaoke Night w/Accurate Productions 9pm Free	
SHAMUS T BONES 191 Truesdale St., Eureka 407-3550		Friday Night Vibes (DJ music) 10pm Free	Saturday Nightlife w/Accurate Productions (DJ music) 10:30pm Free		
THE SIREN'S SONG TAVERN 325 Second St., Eureka 442-8778	Heavy Metal New Year's Bash w/Dullahan, Buckshot Possum, et al. 8pm Free				[T] Open Mic Night 7pm Free
THE SPEAKEASY 411 Opera Alley, Eureka 444-2244		The Eureka Pizza Council (jazz) 8:30pm Free	Buddy Reed and the Rip It Ups (blues) 10pm Free		[T] The Opera Alley Cats (jazz) 7:30pm Free [W] No Covers and USGGO (jazz) 7pm Free
VICTORIAN INN RESTAURANT 400 Ocean Ave., Ferndale 786-4950		Jeffrey Smoller (solo guitar) 6pm Free			

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Calendar

December 31 - January 7, 2015



Courtesy of the artist

The first Thursday of the month means it's Humboldt Poetry Slam time at **Siren's Song Tavern**. This month, A Reason to Listen hosts Albuquerque poet and 2014 National Poetry Awards Slam Artist of the Year, **Zachary Kluckman**, **Jan. 7 at 7:30 p.m.** (\$5).



Shutterstock

Baby, it's cold outside! But if you're adventurous (or brrrr-azen) enough to jump into wintry waters after a paddle around the bay, you'll be in fine company at the **Polar Bear Paddle & Plunge** at the **Humboldt Bay Aquatic Center** on **Saturday, Jan. 2 at 11 a.m.** (\$20). Hot cocoa, a warm shower, a dry towel and bragging rights are yours after.



Shutterstock

First an ice-skating rink and now roller hockey? Humboldt, stop it. You're spoiling us. Join the Humboldt Timberwolves for fast-paced hockey action by visiting www.humboldthockey.com to participate in two-hour **Roller Hockey Pickup** games on **Sundays, Jan. 3-31 at Franceschi Hall at Redwood Acres, 6 p.m.** (\$12). Puck, yeah.



The Lady Eve

Hey, Ladieees

On **Tuesdays at 6:30 p.m.** in January, the Humboldt County Library brings back its film series **The Affairs of Women** (free). Expect a month of femme fatales, fast-talking dames, tragic heroines and struggling starlets.

First, Barbara Stanwyck plays a con artist charmed by snake nerd Henry Fonda in **The Lady Eve** (1941) on **Jan. 5**, hosted by **Jan Ostrom**. Stanwyck lures him not once, but twice, returning in disguise as an English lady in this romantic comedy.

Next up, on **Jan. 12**, **Charity Grella** introduces some noir into the mix with **The Man I Love** (1947). Ida Lupino plays a nightclub canary dodging the advances of a wolfish boss with underworld connections, and pining for a hangdog piano player.

On **Jan. 19**, **Bob Doran** presents what might be the first political makeover movie, **Born Yesterday** (1950). In it, a brassy broad (Judy Holiday) goes from arm candy to informed constituent while falling for the journalist tutor her backroom-dealing boyfriend hired to get her up to social snuff.

Finally, on **Jan. 26**, sneak backstage and watch the drama unfold between boarding house roomies and aspiring actresses played by Katherine Hepburn, Ginger Rogers and Lucille Ball in **Stage Door** (1937). Yours truly hosts this one, which actually passes the Bechdel test.

— Jennifer Fumiko Cahill



File photo

To Your Health

Hiking, paddling, walking — there are plenty of healthy, outdoorsy things to do on this first day of 2016. Put down the remote, yank up those comfy yoga pants Santa left you and lace up your new sneakers. Resolutions or not, a day spent out in Humboldt's natural beauty and fresh air is a grand day, indeed. (And while a little hair of the dog might be a good thing the day after ringing in the New Year, please leave Fido at home for these adventures.)

As part of America's State Parks First Day Hikes initiative that encourages families to get out and enjoy the great outdoors, the **First Day Hike at Dry Lagoon** on **Friday, Jan. 1 at 11 a.m.** (free), is a perfect opportunity to start off the New Year on the right foot.

The **Arcata Marsh and Wildlife Sanctuary** is also lovely place to take in a wide array of natural habitats and inhabitants. Join like-minded friends for an easy-going, hour-and-a-half-long **New Year's Day Walk** starting at **10 a.m.** starting at the first parking lot on the South I Street entrance (free).

If you'd rather sit than stride, you can drop into a kayak or canoe for the **First Day Paddle Tour at Stone Lagoon Visitor Center Jan. 1 at 11 a.m.** and paddle around on a peaceful 4-mile trip (free). Bring your own vessel or rent one for half price from Kayak Zak's.

Nothing like heading outdoors to turn over a new leaf.

— Kali Cozyris

31 Thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. Chip in for the live model and hone your artistic skills. Go into the courtyard on C Street to the room on the right. \$5. 442-0309.

MOVIES

The Wonders. 7 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. A coming-of-age story and Grand Prix winner at Cannes. \$6.50-\$8. www.richardsgoat.com. 630-5000.

FOR KIDS

Young Discoverers. 10:30 a.m.-noon. Discovery Museum, 612 G St., Eureka. Stories, crafts, songs and dance for children ages 3-5. Call ahead. \$5, \$3 members. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

HOLIDAY EVENTS

Family-Friendly New Year's Eve Party. 6-8 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Enjoy a dance party with a bouncy house, potluck, balloon drop, disco lights, crafts and a chance to get down with your kids. \$8 family. www.redwoodraks.com. 616-6876.

NYE Motherlode, Object Heavy. 9 p.m. The Jam, 915 H St., Arcata. Free Champagne toast at midnight. TBA. www.jambalayaarcata.com.

New Year's Eve Barndance. 5 p.m. Mattole Grange, 36512 Mattole Road, Petrolia. A family-friendly barndance with music from Striped Pig Stringband and caller Lyndsey Battle. Dinner at 5 p.m. with local burgers, salad, beer, wine and more. \$12, \$6, free for kids 12 and under.

New Year's Eve Glitter & Gold. 9 p.m. Bear River Casino & Hotel, 11 Bear Paws Way, Loleta. Music by the Undercovers and Lightning Boom Productions, party favors and balloon drop. Free. www.bearrivercasino.com/meetings-events.

New Year's Eve Party. 7 p.m.-midnight. Scotia Inn, 100 Main St. Enjoy appetizers, party hats, a jazz band and a glass of complimentary Champagne. \$25/person, \$45/couple. www.thescotiainn.com.

New Year's Eve with Caravan of Glam. 9 p.m. Sapphire Palace, Blue Lake Casino, 777 Casino Way. Three hours of live entertainment from the Portland drag performers. Music by Pressure Anya, visual stylings by Marmalade sky. \$35 VIP, \$25. www.bluelakecasino.com.

NYE Celebration with Absynth Quartet. 9:30 p.m. Humboldt Brews, 856 10th St., Arcata. The Trouble opens. Champagne toast at midnight. \$17-\$20. www.humboldt brews.com.

RampArt New Year's Celebration. 9 p.m.-1 a.m. RampArt Skatepark, 700 South G St., Arcata. Live music, skating and midnight celebrations. \$15. rampartskatepark.org.

Totally Awesome '80s New Year's Eve. 9 p.m. Firewater Lounge, Cher-Ae Heights Casino, 27 Scenic Drive, Trinidad. Dance hits with Dr. Squid to ring in 2016. Free.

World Famous Fancy-Pants New Year's Eve Celebration. 9:30 p.m.-1:30 a.m. Arcata Theatre Lounge, 1036 G St. Performances by Librarian, Danny Corn and Zanapod. Also, a Fancy Pants dance off, visuals by Johnny Dumps, audio by Basscraft and complimentary Champagne toast. \$20 advance, \$15 limited online. www.worldfamousparty.com.

SPORTS

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road,

Fortuna. Skate rental included. See website for schedule. \$12, \$8 kids. www.humboldticerink.com.

ETC

Community Board Game Night. Last Wednesday, Thursday of every month, 6-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. Play your favorite games or learn new ones with North Coast Role Playing. Free. ossIncrp@northcoast.com. www.baysidegrange.org. 444-2288.

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. Join fellow knitters, crocheters, weavers, spinners and fiber artists to socialize and work on projects. 442-9276.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Put your deck to the test. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

1 Friday

DANCE

World Dance. 7-10 p.m. St. Alban's Episcopal Church, 1675 Chester Ave., Arcata. Humboldt Folk Dancers present request dancing to welcome the new year. g-b-deja@sbcbglobal.net. www.stalbansarcata.org. 839-3665.

FOR KIDS

Children's Clothing Swap. First Friday of every month, 3:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Bring your kids' hand-me-downs to trade for fresh new-to-you's. Sizes newborn-12, in wearable condition (no holes, stains, etc.). Free. facebook.com/ChildrensClothingSwapArcata. 985-8084.

OUTDOORS

First Day Hike. 11 a.m. Dry Lagoon, 15336 Highway 101, Trinidad. An interpretive walk as part of America's State Parks First Day Hikes initiative. Free.

First Day Paddle Tour. 11 a.m. Stone Lagoon Visitor Center, 115336 Highway 101, Trinidad. A 4-mile paddle trip. Bring your own vessel, or rent one at half-price. Free.

New Year's Day Walk. 10 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Welcome 2016 with a 1.5-hour, rain-or-shine ramble through the Arcata Marsh and Wildlife Sanctuary. Meet at first parking lot on South I Street in from Samoa Boulevard. Free. 826-2359.

Winter Raptor Surveys. 8 a.m.-3 p.m. Loleta and Ferndale area. No experience or expertise is necessary. Schedule is tentative. shrikethree@gmail.com. 499-1146.

SPORTS

BMX Friday. 4:30-6:30 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for practice and racing. Wear long sleeves and pants. \$2 practice, \$5 ribbon race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. See Dec. 31 listing.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. Have a blast and get some exercise at the same time. \$5.

2 Saturday

EVENTS

Arts Alive. First Saturday of every month, 6-9 p.m. Art, and a heap of it. All around Old Town, Eureka. Free. www.eurekamainstreet.org. 442-9054.

FOR KIDS

KEET's Kids Club. First Saturday of every month, 12-2

p.m. Morris Graves Museum of Art, 636 F St., Eureka. This monthly workshop includes PBS Kid's programming, story time, tours of current art exhibitions and art activities. Each family takes home a free book. Free. www.humboldtarts.org. 442-0278 ext. 201.

Kids Alive. First Saturday of every month, 5:30-8 p.m. Discovery Museum, 612 G St., Eureka. This is a drop-off program for confidently potty trained children ages 3-12. Includes free play, arts and crafts and a snack. Call to reserve. Price may vary by number of participants. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

Story Time. First Saturday of every month, noon. Willow Creek Library, State Routes 299 and 96. Introduce your preschooler to the fun of books. Free.

FOOD

Winter Farmers Market. 10 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Farm fresh produce, rain or shine. On G and Eighth streets. Free. outreach@humfarm.org. www.humfarm.org. 441-9999.

OUTDOORS

Arcata Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet a trained guide for a 90-minute walk focusing on the ecology of the marsh. Free. 826-2359.

Audubon Society Arcata Marsh Tour. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring your binoculars and have a great morning birding. Meet the trip leader in the parking lot at the end of South I Street (Klopp Lake) in Arcata, rain or shine. Free. www.rras.org/calendar.

Hammond Trail Work Day. First Saturday of every month, 9-11 a.m. Hammond Trail, McKinleyville. Work, clean and paint. Dress for work. New volunteers welcome. Changing locations each month. Contact for meeting place. sbecker@reninet.com. www.humtrails.org. 826-0163.

New Year's Hike. 10 a.m.-1 p.m. Humboldt Bay NWR Lanphere Dunes Unit, 6800 Lanphere Road, Arcata. Start the year with an exploration of the Lanphere Dunes Unit of the Humboldt Bay National Wildlife Refuge. Meet at Pacific Union School. Free. info@friendsofthedunes.org. 444-1397.

North Group Sierra Club Hike. 9 a.m. Ma-le'l Dunes Parking Area, Young Lane, Manila. An easy 5-mile hike to explore sand dunes, lush coastal forest, tidelands and the beach. Call 825-3652 to carpool. No dogs. Bring water and lunch. Heavy rain cancels. Free.

Polar Bear Paddle & Plunge. 11 a.m. Humboldt Bay Aquatic Center, 921 Waterfront Drive, Eureka. Paddle around Samoa Bridge to warm up, then finish up with a plunge from into the icy winter waters of Humboldt Bay. Enjoy hot chocolate and showers after. \$20. cntract@humboldt.edu. 826-3357.

SPORTS

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. See Dec. 31 listing.

New Year's Barrel Bash. Noon. Humboldt County Fairgrounds, 1250 Fifth St., Ferndale. Barrels by the Bay presents racing. Sign up at 9 a.m., run at noon. 502-5749.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. See Jan. 1 listing.

ETC

Women's Peace Vigil. 12-1 p.m. County Courthouse, 825 Fifth St., Eureka. Dress in warm clothing and bring your own chair. No perfume, please. Free. 269-7044.

Yu-Gi-Oh! Standard League. 1-4 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and claim your

prizes. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

COMEDY

Mateel Comedy Cabaret. First Saturday of every month. Mateel Community Center, 59 Rusk Lane, Redway. Professional comedy series. Ages 18 and up. \$10.

3 Sunday

LECTURE

Art Talk with Brandice Guerra. 2-3 p.m. Morris Graves Museum of Art, 636 F St., Eureka. The artist and professor explains the process of metal point in relation to the *Lustrous Lines: Contemporary Metal Point Drawing* exhibition. \$5, \$2, Free MGMA members/ children. janine@humboldtarts.org. www.humboldtarts.org. 442-0278.

MOVIES

Aladdin. 6 p.m. Arcata Theatre Lounge, 1036 G St. Robin Williams' Genie is the main attraction of Disney's harem-panted, animated musical. \$5. www.arcatatheatre.com.

MUSIC

Bayside Grange Music Project. 5-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. From 5-7 p.m. anyone playing any instrument with any ability is invited; 7-9 p.m. people with wind instruments for Bandemonium. Donations. gregg@relevantmusic.org. www.relevantmusic.org/Bayside. 499-8516.

FOR KIDS

Lego Club. 12:30-2 p.m. Discovery Museum, 612 G St., Eureka. Lego fun for younger and older kids featuring Duplos and more complex pieces. Free with museum admission. redwooddiscoverymuseum@gmail.com. discovery-museum.org. 443-9694.

Pokemon Trade and Play. 3-5 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your cards to play or learn. Free. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

FOOD

Food Not Bombs. 5 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free. (503) 828-7421.

Freshwater Grange Breakfast. First Sunday of every month, 8-11 a.m. 49 Grange Road, Eureka. Enjoy butter-milk and whole-grain pancakes, eggs, ham, sausage and French roast coffee. Top your eggs with homemade salsa and cheese. \$6, \$4 for kids. 442-7107.

OUTDOORS

Loleta Christmas Bird Count. Centerville Beach to King Salmon. The count circle is centered on Loleta. 496-8790. See www.rras.org/cbc/centerville.htm for count circle map.

Dune Restoration. First Sunday of every month, 1-4 p.m. Lake Earl Wildlife Area, 2591 Old Mill Road, Crescent City. Ensure that diverse native dune plants can survive and spread, providing homes and food for native animals. Free. 954-5253.

SPORTS

BMX Practice and Racing. 1-3 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for some fun. Wear long sleeves and pants. \$2 practice, \$11 race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. See Dec. 31 listing.

Roller Hockey Pickup. 6-8 p.m. Redwood Acres

Continued on next page >>

HUMBOLDT

FLEA MARKET

Sun., January 3rd
8am-3pm
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Calendar

Continued from previous page

Fairgrounds, 3750 Harris St., Eureka. Two hour drop-in hockey game, open to all skill levels, at Franceschi Hall. \$12. info@humboldthockey.com. www.humboldthockey.com.

ETC

Family Game Day. 12-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring the family and friends for a day jam-packed with gaming fun. Feel free to bring in your own games. Free. www.nugamesonline.com. 497-6358.

Redwood Coast Scrabble Club. 1-5 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Tiles, letters and triple-word scores, oh my! 677-9242.

4 Monday

DANCE

Let's Dance. 7-10 p.m. Moose Lodge, 4328 Campton Road, Eureka. Dance to live music including standards, country and '70s. For anyone 50 years and older. \$4.

MUSIC

Humboldt Folklife Society Sing-along. First Monday of every month, 7 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Come sing your favorite folk, rock and pop songs of the 1960s with Joel Sonenshein. Songbooks are provided. Free. joel@asis.com. 839-7063.

MEETINGS

Bayside Grange Monthly Meeting. First Monday of every month, 7 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. Lively conversation, noshing and discussions about the restoration and program diversity of the Bayside Grange. Free. hallmanager@baysidegrange.org. www.baysidegrange.org. 822-9998.

Volunteer Orientation. 2:30 p.m. Food for People, 307 W. 14th St., Eureka. Learn to pack and sort food, work with clients, collect donations and cook. panderson@foodforpeople.org.

SPORTS

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. See Dec. 31 listing.

5 Tuesday

MOVIES

The Lady Eve (1941). 6:30-8:30 p.m. Humboldt County Library, 1313 Third St., Eureka. The "Based on the Book: The Affairs of Women" movie series kicks off with Preston Sturges' masterpiece, starring Barbara Stanwyck and Henry Fonda. Hosted by Jan Ostrom. Free. 269-1962.

MUSIC

Ukulele Play and Sing Group. First Tuesday of every month, 1:30 p.m. Humboldt Senior Resource Center, 1910 California St., Eureka. All skill levels. Other instruments on approval. Meet first and third Tuesday. Donations of \$1-\$2 appreciated. veganlady21@yahoo.com.

FOR KIDS

Playgroup. 10-11:30 a.m. Discovery Museum, 612 G St., Eureka. Free play for kids 0-5. Regular admission for kids over 5. Free. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

Pokemon Trade and Play. 3-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Jan. 3 listing.

OUTDOORS

Tall Trees Christmas Bird Count. From Big Lagoon to Orick and Lyons Ranch. For count circle map, see web-

site. www.rras.org/cbc/talltrees.htm. 499-1146.

SPORTS

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. See Dec. 31 listing.

ETC

Bingo. 6 p.m. Moose Lodge, 4328 Campton Road, Eureka. Speed bingo, early and regular games. Doors open at 5 p.m. Games range from \$1-\$10.

Board Game Night. 6-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Choose from a large variety of games or bring your own. All ages. Free. www.nugamesonline.com. 497-6358.

Ferndale Cribbage. 10 a.m. Our Savior's Lutheran Church, 425 Shaw Street, Ferndale. Cards and pegs.

Humboldt Cribbage Club. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. Play cards. 444-3161.

COMEDY

Savage Henry Comedy Night. 8 p.m. The Jam, 915 H St., Arcata. Local and out of town comedians bring the ha-has. \$5.

6 Wednesday

MOVIES

Sci Fi Night ft. This is Not a Test. 7:30 p.m. Arcata Theatre Lounge, 1036 G St. In the midst of establishing a dragnet to trap a killer, a state trooper is warned of an imminent nuclear attack. Free w/\$5 food or bev purchase. www.arcatatheatre.com.

FOR KIDS

Youth & Teen Study Group. 3-4:30 p.m. The Multi-Generational Center, 2280 Newburg Road, Fortuna. A quiet environment where students can receive extra help on homework, a snack and optional on-site tutoring. Free. lynea237@gmail.com. www.ervmhc.com. 725-3300.

Storytime. 1 p.m. McKinleyville Library, 1606 Pickett Road. Liz Cappiello reads stories to children and their parents. Free.

OUTDOORS

Guided Nature Walk. First Wednesday of every month, 9 a.m. Richard J. Guadagno Visitor Center, Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. This 2-mile walk is a great way to familiarize yourself with local flora and fauna. Binoculars are available at the visitor's center. Free. www.fws.gov/refuge/humboldt_bay. 733-5406.

Sea Kayaking Basics. 6-8 p.m. Humboldt Bay Aquatic Center, 921 Waterfront Drive, Eureka. This two-hour, on-land session focuses on the anatomy of boats, proper outfitting and gear, and prepares you for the sport before your first kayaking lesson. Free. cntract@humboldt.edu. 826-3357.

SPORTS

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. See Dec. 31 listing.

ETC

Casual Magic. 4-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and connect with the local Magic community. Beginners welcome. Door prizes and drawings. \$5. www.nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

COMEDY

Comedy Open Mikey. 9 p.m. Palm Lounge, Eureka Inn, 518 Seventh St. Hosted by Nando Molina with beats by Gabe Pressure. Free.

7 Thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. See Dec. 31 listing.

SPOKEN WORD

Humboldt Poetry Slam. 7:30 p.m. The Siren's Song Tavern, 325 Second St., Eureka. A Reason to Listen hosts Albuquerque poet Zachary Kluckman. \$5.

FOR KIDS

Young Discoverers. 10:30 a.m.-noon. Discovery Museum, 612 G St., Eureka. See Dec. 31 listing.

MEETINGS

Humboldt County Beekeepers. 6 p.m. Humboldt County Agriculture Department, 5630 South Broadway, Eureka. Featuring a guest speaker, refreshments and raffle. All are welcome. \$2 donation. 845-3362.

Red Cross Volunteer Orientation. 6-9 p.m. Humboldt Bay Fire Conference Room, 533 C St., Eureka. Red Cross volunteers are trained to meet the needs of those affected by disasters. Free.

Redwood Coast Woodturners. First Thursday of every month, 6-8:30 p.m. McKinleyville Middle School, 2285 Central Ave. All interested in wood turning are welcome, beginner to pro, no prior experience needed. 499-9569. This meeting will focus on Turning Small Projects (pens, bottle stoppers, bracelets, etc.). Free.

SPORTS

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. See Dec. 31 listing.

ETC

Food Truck Public Workshop. 6-7:30 p.m. Wharfinger Building, 1 Marina Way, Eureka. From food trucks to food carts, from produce wagons to bicycle-powered coffee carts, the city of Eureka seeks your input on the future of mobile food vending in the city. 441-4160. Free.

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. See Dec. 31 listing.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Dec. 31 listing.

Heads Up This Week

Ferndale Rep offers a \$500 scholarship to a Humboldt County graduating senior pursuing a career in the performing arts. Application deadline is April 1, 2016. Visit www.ferndalerep.org/educate or email info@ferndalerep.org.

Humboldt International Film Festival is taking submissions until March 14, 2016 through the festival's website: www.hsufilmfestival.com/submit-a-film.

Humboldt Area Center for Harm Reduction seeks donations of clean and gently used coats, sleeping bags/blankets, socks, gloves and hats for its "Anything Warm" donation drive. For drop off locations, call 601-6221.

Low-cost firewood is available for income-eligible older adults. Call 443-9747 ext. 1241 for more information.

Volunteers wanted for Eureka VA clinic. Call 269-7502.

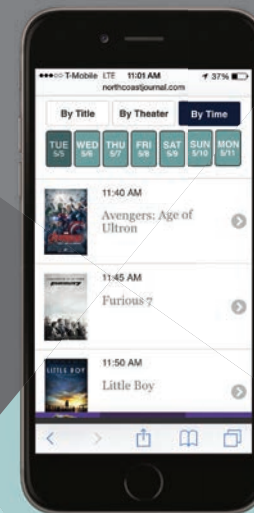
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MOVIES & EVENTS

Dec 31 - Jan 6



Sun Jan 3 – Aladdin (1992),
Doors @ 5:30 PM, Movie @
6 PM, Film is \$5, Rated G.

Wed Jan 6 – Sci Fi Night,
Doors @ 6 p.m. All ages,
Free w/\$5 food & bev
purchase.

12/31 – Fancy Pants New Year's Eve Celebration,
Doors @ 9:30 PM, \$15 lim adv/\$20 adv tix @
http://worldfamousparty.com/, 21+.

Arcata Theatre Lounge f
arcatatheater.com • 822-1220 • 1036 G St.

Top 10 (and Then Some)

The weekend ahead and the year behind

By John J. Bennett

filmland@northcoastjournal.com

Reviews

One can usually mark Christmas weekend as a clearinghouse for the major winter releases: the prestige pictures vying for awards consideration, the late season blockbusters, the would-be holiday classics. Disney flipped the script this year, releasing *Star Wars* the week before and all but demolishing anyone else's chances of topping the box office. It pushed the wide release of Tarantino's *Hateful Eight* into the New Year and turned Christmas into the day of the also-rans. *The Danish Girl*, directed by Tom Hooper, seems awfully serious, and after what he did to me with *Les Misérables*, I can't bring myself to trust him. Similarly, *Concussion* looks intentionally stern, with Will Smith swinging for the fences. That and the fact that the NFL, an organization I increasingly see as the Evil Empire, signed off on it soured me completely. Among the other offerings:

DADDY'S HOME offered more laughs than I had let myself expect, even if it is predictable and innocuous. Hannibal Buress stands out in a supporting role. PG13. 96m. BROADWAY, MILL CREEK.

POINT BREAK. The remake is, as expected, unnecessary and completely devoid of the original's oddball charm and rich early 1990s SoCal aesthetic. Substituting X-Games, Euro-trash uber-cool just doesn't cut it. Some of the stunt sequences are undeniably impressive, but work better as YouTube clips than as elements of a feature. PG13. 113m. BROADWAY, MILL CREEK, MINOR.

JOY, like all David O. Russell pictures, looks great, feels authentic, and is genuinely weird. The story of a young, down-on-her-luck divorcee (Jennifer Lawrence) who invents a household item to stave off the claustrophobic terror of real life, it is compelling if unsurprising. Russell's biggest trick might be in making excellent cinematic technique seem effortless. As a result, his lesser work (this one, *American Hustle*) becomes easier to pick apart for minor shortcomings. PG13. 124m. BROADWAY, MILL CREEK, MINOR.

In light of the fact that none of the above stood out, here follows a list of 10 favorites from the past year, in no particular order:

TRAINWRECK might be the best movie of the year; a real act of feminism in as much as it thumbs its nose at many conventional notions of feminism but remains hilarious and heart-warming as it does. The first truly successful 21st century screwball comedy.

THE GIFT. A horrific, nearly perfect, won't-leave-the-psyche thriller from an actor turned writer-director (Joel Edgerton) with whom I'd like to share drinks.

AMY is, without doubt, the year's biggest heartbreaker. A slow motion car wreck, the onscreen unraveling of a formidable talent is a study in the corrosive effect of celebrity.

SPOTLIGHT. A grown-up script and performance-driven drama about significant real events? Where did this come from? I thought these were illegal now.

MAD MAX: FURY ROAD. Everybody else has said everything about this. I don't think it's The Best of the year, but it rescued me during a season of pathetic non-starters. And it pissed off a lot of right-wing, open-carry, compensatory, male non-men who feel the need to complain about the power of women. And of course it is stunningly gorgeous.

KRAMPUS. A genre combo that most people probably don't care for or about, but one that resonates with me in a specific, important way. Maybe the best ending of any movie this year.

SICARIO. The One. Towering performances, perfect cinematography, a surfeit of menace and violence. Denis Villeneuve continues to demonstrate his singular vision and unrivaled focus.

STEVE JOBS. Furiously written and acted, directed with unusual precision and calculation by Danny Boyle, this turns three product launches into riveting, atmospheric drama.

THE END OF THE TOUR. An under-supported, perhaps over-discussed road movie about a couple of nerds getting to know each other. It would never have gotten made were it not about David Foster Wallace, but I wish his reputation didn't overshadow it.

CREED. A nearly flawless boxing picture with tremendous performances from Michael B. Jordan (expected) and Sylvester Stallone (shocking) and a one-shot fight



Swayze's not coming back.

sequence that we should all be re-watching right now.

And a few more:

FURIOUS 7. Do I need to go into it? I love 'em all.

THE NIGHT BEFORE might have become part of my Christmas canon. I found its druggy take on *A Christmas Carol* and surprisingly clear-eyed look at the realities of adulthood completely charming.

SCOUTS GUIDE TO THE ZOMBIE APOCALYPSE. A rare commodity: an unassuming but surprisingly effective horror comedy. It strains belief that this even got made.

CHAPPIE was almost universally reviled but is somehow beautiful to me.

BLACKHAT. A lesser Michael Mann work, but so much better than almost every other action movie. The climactic fight scene alone is worth more than a ticket to *Star Wars: The Force Awakens*.

Because we are cloistered here in rural America, there are a handful of majors that would likely make this list, but which will not be available locally until January, if ever: Adam McKay's *The Big Short*, Alejandro Gonzalez Inarritu's *The Revenant*, Todd Haynes' *Carol* and Charlie Kaufman's *Anomalisa* among them.

I am quite sure I have omitted some substantive entries from my list. Feel free to weigh in on my glaring omissions by commenting online or tweeting at @ncj_of_humboldt.

—John J. Bennett

Fortuna Theatre listings were not available at press time. For showtimes, see the Journal's listings at www.northcoastjournal.com or call: Broadway Cinema 443-3456; Fortuna Theatre 725-2121; Mill Creek Cinema 839-3456; Minor Theatre 822-3456.

Previews

THE HATEFUL EIGHT. Director Quentin Tarantino hits the frozen Wyoming trails with Samuel L. Jackson, Kurt Russell and Jennifer Jason Leigh. Expect choreographed

brutality, Western homage and N-bombs. R. 187m. BROADWAY, MILL CREEK.

Continuing

ALVIN & THE CHIPMUNKS: ROAD CHIP. The singing rodents you can either stand or you can't are out to thwart the romance of their handler Dave (Jason Lee) and keep the band together. PG. 86m. BROADWAY.

CONCUSSION. Will Smith plays a real-life forensic pathologist who discovers, to the NFL's chagrin, how hits and tackles are messing with football players' heads. PG13. 123m. BROADWAY, MILL CREEK.

THE DANISH GIRL. Eddie Redmayne is generating award-season buzz for his portrayal of a transgender woman in 1920s Europe. R. 172m.

THE GOOD DINOSAUR. Animated interspecies buddy movie set in an alternate universe in which dinosaurs and humans coexist. With Jeffrey Wright and Frances McDormand. PG. 100m. BROADWAY.

HUNGER GAMES: MOCKINGJAY PART 2. The last nail in the franchise's coffin is so dull you may have to fight your way to the exits. PG13. 136m. BROADWAY.

IN THE HEART OF THE SEA. Ron Howard's Melville moment has Chris Hemsworth as first mate on a ship beset by an angry whale. It's visually thrilling but the rest is the same old fish story. PG-13. 121m. BROADWAY.

KRAMPUS. An entertaining holiday horror with the Christmas spirit and a spirited cast. Toni Colette and Adam Scott star. PG13. 98m. BROADWAY.

SISTERS. Comedy stateswomen Amy Poehler and Tina Fey are funny enough, but play it safe in this coming-of-middle-age comedy. R. 118m. BROADWAY, MILL CREEK.

STAR WARS: THE FORCE AWAKENS. The writing and visuals are a bit too faithful to the original, but they work in this nostalgic return. Leads John Boyega and Daisy Ridley are as compelling as more familiar faces. PG13. 135m. BROADWAY, MILL CREEK, MINOR.

—Jennifer Fumiko Cahill

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Arts & Crafts

ART CLASSES @ PLUM BLOSSOM STUDIO Individualized visual arts education for kids. Beg. water-color for adults. Schedules visit www.thaoart.biz

THE STUDIO SCHOOL COMIC BOOK ILLUSTRATION WORKSHOP (FOR YOUTH AGES 9-13). Students will gain skills in illustration, basic book making, as well as planning and concept building. With KT Garcia. Sats., Jan. 23-March 12, 12-1:30 p.m.. Fee: \$109. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/studioschool. (A-0114)

THE STUDIO SCHOOL MASK MAKING WORKSHOP (FOR YOUTH AGES 5-8). Students will complete papier maché masks, with a focus on concept building, design, and planning. With KT Garcia. Sats., Jan. 23-March 12, 10-11:30 a.m. Fee: \$109. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/studioschool. (A-0114)

Communication

THE ART OF THE AUDITION 4 part acting class series Tuesdays in January at the MGC. Contact ahennessy@ervmngc.com for info. (C-1231)

FOLLOWING YOUR DREAMS EXPLORED AT LIFETREE CAFÉ A determination to pursue dreams even in the midst of difficult circumstances will be discussed at Lifetree Café on Sunday, January 3 at 7 p.m. The program, titled "Follow Your Dreams: Even When You Think You Can't," features a filmed interview with Mandy Harvey, a jazz vocalist whose sudden hearing loss nearly derailed her dream of becoming a professional singer. Lifetree Café is a Free Conversation Café - Snacks and Beverages. Located on the Corner of Union and 13th, Arcata. 707 672 2919 or bobdipert@hotmail.com or www.lifetreecafe.com (C-1231)

Dance/Music/Theater/Film

BALLET FOR FITNESS starts Jan 21-Feb 25, Thursdays 6-7:30pm at the College of the Redwoods Main Campus. Call College of the Redwoods Community Education at 707-476-4500 for more information (D-1231)

RUEDA DE CASINO, CUBAN SALSA 6-WEEK DANCE SERIES. Jan6-Feb10. Beginners 7pm at Redwood Raks in Arcata \$40. Intermediates 8pm. 707-822-2652, jacaronda@gmail.com <https://sites.google.com/site/arcatarueda>

MUSIC LESSONS. Piano, Guitar, Voice, Flute, etc. Piano tuning. Instrument repair. Digital multi-track recording. (707) 382-9468. (DMT-0225)

DANCE WITH DEBBIE: Remember the innocence of dancing when you were little? Remember moving to the music and just feeling the joy of dancing? That's what we work on recapturing. We are your ballroom dance experts, offering group and private lessons in a non-threatening environment. (707) 464-3638, debbie@dancewithdebbie.biz (D-1231)

REDWOOD RAKS WORLD DANCE STUDIO, ARCATA. West African, Belly Dance, Tango, Salsa, Swing, Breakdance, Jazz, Tap, Modern, Zumba, Hula, Congolese, more! Kids and Adults, (707) 616-6876 shoshannaRaks@gmail.com (DMT-1231)

STEEL DRUM CLASSES. Beginning Classes Level 1 Fri's. 10:00-11:00a.m, Level 2 Fri's. 11:00-12:00p.m. Intermediate Thu's., 6:30-7:30p.m. Pan Arts Network 1049 Samoa Blvd. Suite C. Call (707) 407-8998. panartsnetwork.com (DMT-1231)

WEST AFRICAN DANCE W/ LIVE DRUMMING. Tues.'s, All Level Class, 5:30 p.m -7 p.m. Thurs.'s Beginning/Breakdown, 7 p.m.-8 p.m., Redwood Raks Dance Studio, Arcata. Facebook Arcata West African Dance or contact Heather (707) 834-3610. (DMT-1231)

Fitness

DRAGON HEART TANG SOO DO AT PRESBYTERIAN CHURCH ON G ST. Tuesday and Thursday classes - kids 4-5pm, adults 5:30-7:30pm. Call Master Becky Rupp 707-923-2886. (W-0225)

NORTH COAST FENCING ACADEMY. Fencing (with swords!). Improve your mind and body in a fun, intense workout. New classes begin the first Mon. of every month. Ages 8 to 80+ Email: northcoastfencingacademy@gmail.com or text, or call Justin at 707 601-1657. 1459 M Street, Arcata, northcoastfencing.tripod.com (F-1231)

T'AI CHI WITH MARGY EMERSON At 1049 C Samoa Blvd., Arcata (K St. & Samoa). 10-week term starts January 12. Two programs for beginners: T'ai Chi for Back Pain and Arthritis and Traditional Long Form Wu Style. Chen style and Combined 42 Forms are ongoing. Daytime and evening classes. Begin as late as the third week. Visit a class with no obligation to pay or enroll. For details: www.margaretemerson.com or 822-6508. (W-0114)

ZUMBA WITH MARLA JOY. Elevate, Motivate, Celebrate another day of living. Exercise in Disguise. Now is the time to start, don't wait. All ability levels are welcome. Every Mon. and Thurs. at Bayside Grange 6-7 p.m., 2297 Jacoby Creek Rd. \$6/\$4 Grange members. (707) 845-4307 marlajoy.zumba.com (F-1231)

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-1231)

Kids & Teens

JOIN JUNIOR CREW (AGES 11-18)

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hbracoach@me.com www.hbra.org

Lectures

FOUNDATIONS FOR FUNDRAISING. Gain a comprehensive overview of nonprofit fundraising. Course 1 in the 4-course New Designs for Fundraising Certificate program. With Beth Bray. Meets online Jan. 19- Feb. 12. Fee: \$195. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/fundraisingcertificate. (L-0107)

50 and Better

OSHER LIFELONG LEARNING INSTITUTE (OLLI). Offers dynamic classes for people age 50 and over. Call 826-5880 or visit www.humboldt.edu/olli to register for classes (O-1225)

Pets & Animals

DOG TRAINING Puppy class starts Tuesday jan. 5 6 -7. Basic obedience jan. 5 7-8. Call 443-1183 for info. Sign up at the Adorni Center (P-1231)

Spiritual

ARCATA ZEN GROUP MEDITATION. Beginners welcome. **ARCATA:** Sunday 7:55 a.m., Trillium Dance Studio, 855 8th St (next to the Post Office). Dharma talks are offered two Sundays per month at 9:20 a.m. following meditation. For more info. call (707) 826-1701 or visit arcatazengroup.org
EUREKA: Wed's, 5:55 p.m., First Methodist Church, 520 Del Norte St., enter single story building between F & G on Sonoma St, room 12. For more info. call (707) 845-8399 or visit barryevans9@yahoo.com. (S-0324)

KDK ARCATA BUDDHIST GROUP. Practice Tibetan Meditation on Loving-Kindness and Compassion in the Kagyu tradition, followed by a study group. Sun's., 6 p.m. Community Yoga Center 890 G St, Arcata. Contact Lama Nyugu (707) 442-7068, Fierro_roman@yahoo.com, www.kdkarcatagroup.org (S-1231)

SELF-MASTERY: WHO YOU ARE LEADS. Increase self-awareness and appreciation of your strengths so that you can make more conscious and considered choices about how to be as constructive as possible in your words and actions in everyday and difficult interactions. With Roger James and Mary Gelinas, Thurs. & Fri., Jan. 21-22, 9 a.m.-5 p.m. Fee: \$400. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/locc. (S-0107)

UNITY OF THE REDWOODS. Join us at Unity Church of the Redwoods, where love is felt, truth is taught, lives are transformed, and miracles happen. Services begin each Sun. at 11 a.m. 1619 California St., Eureka. Please stay for snacks and conversation after service. (707) 444-8725 (message), www.unityoftheredwoods.org (S-1231)

TAROT AS AN EVOLUTIONARY PATH. Classes in Eureka, and Arcata. Private mentorships, readings. Carolyn Ayres. 442-4240
www.tarotofbecoming.com (S-1231)

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844 442-0711. (T-1231)

FREE DEPRESSION SUPPORT GROUP. Walk-in support group for anyone suffering from depression. Meet Mon's 6:30 p.m -7:45 p.m, at the Church of the Joyful Healer, McKinleyville. Questions? Call (707) 839-5691. (TS-1231)

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 825-0920, saahumboldt@yahoo.com or (TS-1231)

SMOKING POT? WANT TO STOP? www.marijuana-anonymous.org (T-0421)

Vocational

CREATIVE WRITING starts February 17 - March 28, 2016, Wednesdays & Fridays 5:30 p.m. - 7:30 p.m at 525 D Street downtown Eureka Call College of the Redwoods Community Education at 707-476-4500 for more information or visit <http://www.redwoods.edu/Departments/Community-Ed/PersonalEnrichment.asp> (L-1231)

LANDSCAPING TRAINING starts February 1 - March 21, 2016, M and W Lecture Days: 8:30 a.m. - 12:30 pm plus hands-On Training Days: 8:30 a.m. - 3:30 p.m. Call College of the Redwoods Community Education at 707-476-4500 for more information or visit <http://www.redwoods.edu/Departments/Community-Ed/business.asp> (V-1231)

MAINTENANCE TECHNICIAN TRAINING starts February 1-March 15, 2016, M/T/W 8:30-3:00pm Call College of the Redwoods Community Education at 707-476-4500 for more information or visit <http://www.redwoods.edu/Departments/Community-Ed/business.asp> (V-1231)

MEDITATION RETREAT. This one-day meditation retreat is designed to raise your life-force energy and attune you to a higher level of being. With David Sanderott. Meets Sat., Jan. 9, 10:30 a.m.-5 p.m. Fee: \$40. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/extended. (W-1231)

Wellness & Bodywork

AROMATHERAPY TRAINING PROGRAM. Hands-on "Do it Yourself" Immersion & Essential Oil Distillation @ NW Institute of Ayurveda, w/Traci Webb & Guests, Learn 125 Essential Oils, Make 20+ Products, March 4-6 & 18-20 (Deadline: Feb. 21), 36 CEUs. \$799 (early reg. saves). Register: www.ayurvedicliving.com, (707) 601-9025 (W-0218)

AYURVEDIC MASSAGE PROGRAM. w/Traci Webb @ NW Institute of Ayurveda, Asian Body Therapies, Marma Points, Essential Oils, Herbs, April 20-June 19, (Deadline: March 21), Prerequisite To: "Panchakarma Therapist Program", 112 CEUs. Register: www.ayurvedicliving.com, (707) 601-9025 (W-0317)

YOGA IN FORTUNA THURS 9:30AM - 10:45AM W/LAURIE BIRDSONG. Multigenerational Center 2280 Newburg Rd. Breathe, stretch, strengthen the body, calm the mind. All levels. \$11 drop-in or 6 class pass \$57. Scholarships avail. info Laurie 362-5457 (W-1231)

AYURVEDIC SELF-CARE & COOKING IMMERSION. with Traci Webb at NW Inst. of Ayurveda. Feb. 19-21, Enjoy Daily Yoga, Self-Care & Lunch!, Prerequisite To: 10-Month Ayurvedic Living Prog. (see listing) \$250 (early reg. saves). 24 CEUs. Register: www.ayurvedicliving.com, (707) 601-9025 (0218)

10-MONTH AYURVEDIC LIVING PROGRAM. W/Traci Webb, @ NW Institute of Ayurveda, Part of Nationally Approved Ayurveda Certificate Program, Meets 1 wkend + 3 wkdays/mo, Starts March 4 (Deadline: Feb. 21), Nutrition, Herbs, Meditation, Yoga, Essential Oils, Colors, 54 CEUs. Prerequisite: "Ayurvedic Self-Care & Cooking" (see listing), Register: www.ayurvedicliving.com, (707) 601-9025 (W-0218)

DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL. Dandelion Herbal Center classes with Jane Bothwell. Beginning with Herbs. Jan. 13 - March 9, 2016, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances. 10-Month Herbal Studies Program. Feb. - Nov. 2016. Meets one weekend per month with several field trips. Learn in-depth material medica, therapeutics, flower essences, wild foods, formulations and harvesting. Medicinal Cannabis Conference. April 23-24, 2016. Presenters are international, national and local experts that will utilize substantiated research and experience to advance your knowledge base on Cannabis to the next level! Register online www.dandelionherb.com or call (707) 442-8157. (W-0114)

INTRODUCTION TO AYURVEDA. at Moonrise Herbs with Traci Webb. 3 Tuesdays, Jan 19-Feb 2, 6:30-9:15pm, Nutrition, Doshas, Aromatherapy & Home Remedies w/Take-homes!, \$108 (early reg. saves). 8 CEUs. Register at Moonrise Herbs or @: www.ayurvedicliving.com, Call: (707) 601-9025 (W-0114)

INTRODUCTION TO MEDITATION. You will be given simple tools and techniques to help you develop a daily practice of meditation or enhance your current meditation practice. With David Sanderott. Weds., Jan. 27-Feb. 17, 6-8 p.m. Fee: \$60. To enroll, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/extended. (W-0114)

MASSAGE SCHOOL INFORMATION NIGHT AT ARCATA SCHOOL OF MASSAGE. Free introductory lesson and discussion about massage school. Tuesday, January 12 at 5 p.m. Visit arcatamassage.com or call (707) 822-5223 for info.. (W-0128)

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Legal Notices

NOTICE OF PETITION TO ADMINISTER ESTATE OF STANLEY BUD SONBERG AKA STANLEY B. SONBERG AKA STANLEY SONBERG CASE NO. PR150313

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, STANLEY BUD SONBERG AKA STANLEY B. SONBERG AKA STANLEY SONBERG A PETITION FOR PROBATE has been filed by Petitioner, Barney Barnhart In the Superior Court of California, County of Humboldt. The petition for probate requests that Barney Barnhart be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held on January 14, 2016 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 8. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account

as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. ATTORNEY FOR PETITIONER: Bradford C. Floyd
Floyd Law Firm
819 Seventh Street
Eureka, CA 95501
(707) 445-9754
Filed: December 17, 2015
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

12/24, 12/31, 1/7 (15-256)

In the Superior Court of the State of California in and for the county of El Dorado South Lake Tahoe Division

Estate of Brett Russell Cassidy, Deceased
Case No: SP20130033
Notice of Private Sale of Real Property
Notice is Hereby Given that the administrator of the estate of Brett Russell Cassidy, deceased, will sell at private sale the highest and best bidder on the terms and conditions mentioned below and subject to confirmation by the above designated court, all right, title, interest, and estate of the decedent, at the time of decedent's death and all right, title and interest that the estate has acquired, by operation of law or otherwise, other than, or in addition to, that of the decedent at the time of death, and in and to the real property, commonly designated as 93 Steelhead Court, Shelter Cove, Humboldt County, California, Assessor's Parcel No. III-23 231-24-000, and legally described as follows: Lot 21. Block 106. Tract No. 42. (Shelter Cove Subdivision), according to the map thereof on file in the Office of the County Recorder of Humboldt County, California, in Book 14 of Maps. Pages 73 to 138, inclusive, and Amended Map filed in Book 15 of Maps. Pages 64 to 116, inclusive. Excepting Therefrom all the water and water rights in, under or flowing over said land or appurtenant thereto. Also Excepting Therefrom 50% of all oil, gas and other mineral and hydrocarbon substances below a plane of 500 feet beneath the surface thereof, but without the right of surface entry. Being the same "as reserved by the Bank of California National Association, a national banking association, as Trustee, in Deed recorded August 23, 1976, Book 1361, Official Records, Page 580. Bids or offers are invited for the property and must be in writing, sealed, and received at the office of Feldman McLaughlin Thiel LLP, Attn: Michael J. McLaughlin, attorneys for the administrator, at 178 U.S. Highway 50, suite B, Zephyr Cove, NV 89448 (if by personal or overnight delivery) or at Post Office 1309, Zephyr Cove, NV 89448 (if by U.S. Mail) at any time after first publication of this notice and before any sale is made. Bids will be opened at the office of Feldman McLaughlin Thiel LLP, at

Continued on next page »

10:00 a.m. on January 8, 2015. The property will be sold subject to current taxes, covenants, conditions, restrictions, reservations, right, rights of way, easements and encumbrances of record. The property will be sold on an "as is" basis, except for title. The property will be sold for cash or equally-available funds only. The administration reserves the right to reject any and all bids. Dated: December 14, 2015
Feldman McLaughlin Thiel LLP
By: Michael J. McLaughlin, Esq.
Attorneys for Petitioner

12/24, 12/31, 1/7 (15-258)

PUBLIC SALE

NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to Sections 21700 -21716 of the Business & Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the civil Code. The undersigned will sell at public sale by competitive bidding on the 13th of January, 2016, at 9:00 AM, on the premises where said property has been stored and which are located at Rainbow Self Storage. The following units are located at 4055 Broadway Eureka, CA, County of Humboldt.

Anthony Purdy, Space # 5250
Nancy Culbert- Mace, Space # 5446

The following units are located at 639 W. Clark Street Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Makal Sjoquist, Space # 2609
William Geary III, Space # 2702

The following units are located at 3618 Jacobs Avenue Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Angela Bosworth, Space # 1385
Charles Omstead, Space # 1523
A.J. Tingley, Space # 1619
Tawny Brown, Space # 1718

The following units are located at 105 Indianola Avenue Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

John Moschetti, Space # 114
D Roxanne Stutrud Tejeda, Space # 295
Joseph Gordon, Space # 400

Items to be sold include, but are not limited to:
Household furniture, office equipment, household appliances, exercise equipment, TVs, VCR, microwave, bikes, books, misc. tools, misc. camping equipment, misc. stereo equip. misc. yard tools, misc. sports equipment, misc. kids toys, misc. fishing gear, misc. computer components, and misc. boxes and bags contents unknown.

Purchases must be paid for at the time of the sale in cash only. Anyone interested in attending the auction must sign in at 4055 Broadway Eureka CA. prior to 9:00 A.M. on the day of the auction, no exceptions. All purchase items sold as is, where is and must be removed at time of sale. Sale is subject to cancellation in the event of settlement between owner and obligated party. Auctioneer: Kim Santsche, Employee for Rainbow Self-Storage, 707-443-1451, Bond # 40083246.

Dated this 31st day of December, 2015 and 7th day of January, 2016

(15-262)

SUMMONS (Family Law) NOTICE TO RESPONDENT: Franklin Jake, Jr.
YOU ARE BEING SUED.
Lo estan demandando.
PETITIONER'S NAME IS: NOMBRE DEL DEMANDANTE: Patricia Jake
CASE NUMBER: (NUMERO DE CASO): FL140046
You have 30 CALENDAR DAYS after this Summons and Petition are served on you to file a Response (form FL-120 or FL-123) at the court and have a copy served on the petitioner. A letter, phone call, or court appearance will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. For legal advise, contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp) at the California Legal Services Web Site (www.lawhelpca.org) or by contacting your local county bar association.
Tiene 30 dias de calendario despues de haber recibido la entrega legal de esta Citacion y Peticion para presentar una Respuesta (formulario FL-120 FL-123) ante la corte y efectuar la entrega legal de una copia al demandante. Una carta o llamada telefonica no basta para protegerio.
Si no presenta su Respuesta a tiempo, la corte puede dar ordenes que afecten su matrimonio o pareja de hecho, sus bienes y las custodia de sus hijos. La corte tambien le puede ordenar que pague manutencion, y honorarios y costos legales.
Para asesoramiento legal, pongase en contacto de inmediato con un abogado. Puede obtener informacion para encontrar un abogado en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov), en el sitio Web de los Servicios Legales de California (www.lawhelpca.org) o poniendose en contacto con el colegio de abogados de su condado.
NOTICE: RESTRAINING ORDERS ARE ON PAGE 2: These restraining orders are effective against both spouses or domestic partners until the petition is dismissed, a judg-

ment is entered, or the court makes further orders. They are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them. AVISO: LAS ORDENES DE RESTRICION SE ENCUESTRAN EN LA PAGINA 2: Las ordenes de restriccion estan en vigencia en cuanto a ambos conyuges o miembros de la pareja de hecho hasta que se despida la peticion, se emita un fallo o la corte de otras ordenes. Cualquier autoridad de la ley que haya recibido o visto una copia de estas ordenes puede hacerlas acatar en cualquier lugar de California. FEE WAIVER: If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for yourself or for the other party. EXENCION DE CUOTAS: Si no puede pagar la cuota de presentacion, pida al secretario un formulario de extension de cuotas. La corte puede ordenar que usted pague, ya sea en parte o por completo, las cuotas y costos de la corte previamente exentos a peticion de usted o de la otra parte. The name and address of the court are (El nombre y direccion de la corte son): Superior Court of California, County of Humboldt 825 5th Street Eureka, CA 95501 The name, address, and telephone number of the petitioner's attorney, or the petitioner without an attorney, are (El nombre, direccion y numero de telefono del abogado del demandante, o del demandante si no tiene abogado, son): Patricia Jake 3458 G Street Eureka, CA 95503 Date: January 28, 2014 s/Chip Carpenter Deputy (Asistente)

12/24, 12/31, 1/7, 1/14 (15-259)

Superior Court of California
County of Humboldt
In the Matter of: KAMRYN MICHELLE MIRKIN, A Minor child who should be declared free from the custody and control of her father
Case #AD 15 0042
Amended Citation: Freedom from Parental Custody and Control (Abandonment)
THE PEOPLE OF THE STATE OF CALIFORNIA
To: Alexander Blaker Mirkin
By order of this court you are hereby advised that you may appear before the judge presiding in Department #6 of this court on 1/25/2016 at 8:30am, then and there to show cause, if any you have, why Kamryn Mirkin should not be declared free of your custody and control for the purpose of freeing Kamryn Mirkin for stepparent adoption.
The following information concerns rights and procedures which relate

to this proceeding for termination of custody and control of Kamryn Mirkin as set forth in Sections 7860-7864 of the Family Code:
(1) At the beginning of the proceeding, the court will consider whether or not the interest of Kamryn Mirkin require the appointment of counsel. If the court finds that the interests of Kamryn Mirkin do require such protection, the court will appoint counsel to represent her, whether or not she is able to afford consent. Kamryn Mirkin will not be present in court unless she so requests or the court so orders.
(2) If a parent of Kamryn Mirkin appears without counsel and is unable to afford counsel, the court must appoint counsel for the parent, unless the parent knowingly and intelligently waives the right to be represented by counsel. The court will not appoint the same counsel to represent both Kamryn Mirkin and her parent.
(3) The court may appoint either the public defender or private counsel. If private counsel is appointed, he or she will receive a reasonable sum for compensation and expenses, the amount of which will be determined by the court. That amount must be paid by the real parties in interest, but not by the minor, in such proportions as the court believes to be just. If, however, the court finds that any of the real parties in interest cannot afford counsel, the amount will be paid by the county.
(4) The court may continue the proceeding for not more than 30 days as necessary to appoint counsel and to enable counsel to become acquainted with the case. Dated December 17, 2015
Kim M. Bartleson, Clerk
By: Natasha S, Deputy Clerk

12/24, 12/31, 1/7, 1/14 (15-257)

FICTITIOUS BUSINESS NAME STATEMENT 15-00692
The following person is doing Business as **ZAMORA'S FURNITURE**
Humboldt, 601 I St., Arcata, CA 95521
Carl E Scoles
2131 Union St., Eureka, CA 95501
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Carl Scoles
This statement was filed with the County Clerk of Humboldt County on December 9, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

12/17, 12/24, 12/31, 1/7 (15-254)

FICTITIOUS BUSINESS NAME STATEMENT 15-00724
The following person is doing Business as **HUMBOLDT GARDENS COLLECTIVE**
Humboldt, 835 Jensen Dr, McKinleyville, CA 95519
1862 Fickle Hill Rd, Arcata, CA 95521
Julian Montoya
1862 Fickle Hill Rd, Arcata, CA 95521
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Julian Montoya, Managing Owner
This statement was filed with the County Clerk of Humboldt County on December 23, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

12/31, 1/7, 1/14, 1/21 (15-263)

FICTITIOUS BUSINESS NAME STATEMENT 15-00728
The following person is doing Business as **NORTH COAST CARPET PROS**
Humboldt, 2204 Smith Lane, Fortuna, CA 95540
Kyle L Ross
2204 Smith Lane, Fortuna, CA 95540
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Kyle Ross, Owner
This statement was filed with the County Clerk of Humboldt County on December 28, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: M. Morris

12/31, 1/7, 1/14, 1/21 (15-265)

FICTITIOUS BUSINESS NAME STATEMENT 15-00693
The following person is doing Business as **ANCIENT ALCHEMY**
Humboldt, 1059 Hays Rd, McKinleyville, CA 95519
Jennifer L Clayton
1059 Hayes Rd, McKinleyville, CA 95519
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Jennifer Clayton
This statement was filed with the County Clerk of Humboldt County on December 10, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

12/17, 12/24, 12/31, 1/7 (15-253)

FICTITIOUS BUSINESS NAME STATEMENT 15-00561
The following person is doing Business as **Compliant Farms**
Humboldt, 1620 Charles Ave, Arcata, CA 95521
PO Box 5306, Arcata, CA 95521
Daniel J Mar
1620 Charles Ave, Arcata, CA 95521
Hollie Hall
3946 Lake Wood Ct., Arcata, CA 95521
The business is conducted by A General Partnership.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Daniel J Mar, Co-Owner
This statement was filed with the County Clerk of Humboldt County on October 06, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abram

12/10, 12/17, 12/24, 12/31 (15-220)

FICTITIOUS BUSINESS NAME STATEMENT 15-00685
The following person is doing Business as **NAKID IMAGINATION**
Humboldt, 3490 Lk Wood Blvd Apt D, Arcata, CA 95521
Andrew D Kovanis
3490 Lk Wood Blvd Apt D, Arcata, CA 95521
Amanda K Kovanis
3490 Lk Wood Blvd Apt D, Arcata, CA 95521
The business is conducted by A Married Couple.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Andrew Kovanis
This statement was filed with the County Clerk of Humboldt County on December 3, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

12/17, 12/24, 12/31, 1/7 (15-255)

FICTITIOUS BUSINESS NAME STATEMENT 15-00696
The following person is doing Business as **SUSHI BOAT**
Humboldt, 751 Fortuna Blvd, Fortuna, CA 95540
Sushi Boat Buffet Corporation
C3844617
824 Crissy Way, Fortuna, CA 95540
The business is conducted by A Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Xingyou Huang, President
This statement was filed with the County Clerk of Humboldt County on December 11, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: S. Carns

12/31, 1/7, 1/14, 1/21 (15-261)

**MARKETPLACE**

Art & Collectibles

Auctions

Baby Items

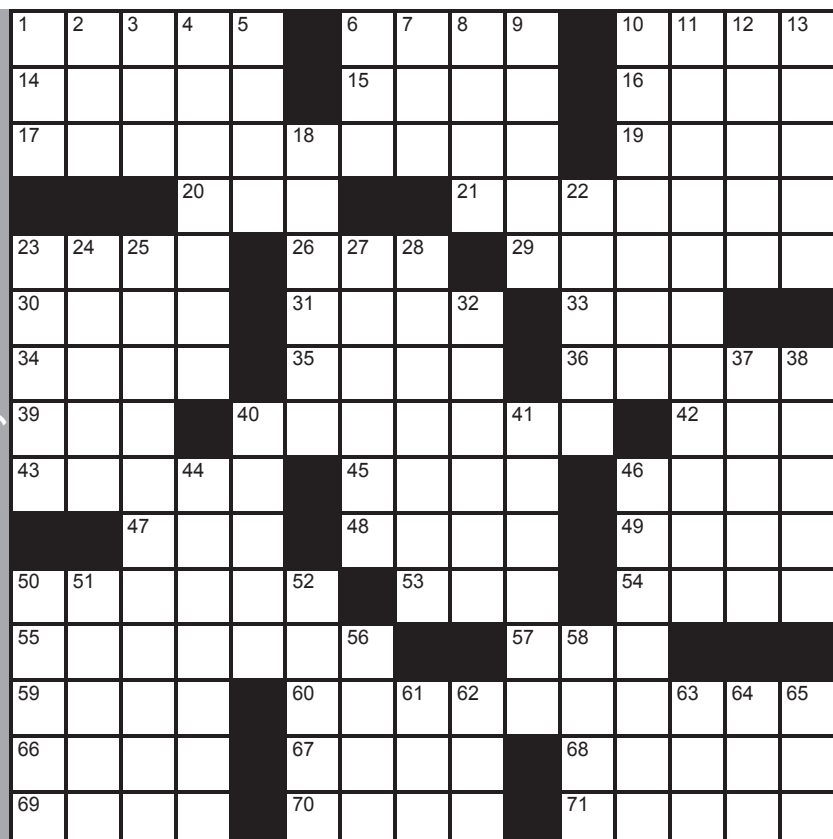
Clothing

Merchandise

Miscellaneous

Sporting Goods

PLACE YOUR OWN AD AT:
classified.northcoastjournal.com



BY AND BY •

ANSWERS NEXT WEEK!

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ACROSS

1. Outfits
6. Story lines
10. Certain bra specification
14. Perfectionist's goal
15. Ship that sailed "the ocean blue"
16. "Yeah ... I don't think so"
17. Lacking vigor
19. Crud
20. Medit. country
21. Qualified
23. Just for Men target
26. End of the line?
29. Comic strip character named for an English philosopher
30. First name in country
31. Formal occasion
33. Myrna of "The Thin Man"
34. This ans. is one
35. "____ vida" (Costa Rica slogan)
36. "Mean Girls" star
39. Item on a Christmas list
40. Appropriate time, one might say, to solve 17- and 60-Across and 11- and 25-Down
42. Game with Wild Draw 4 cards
43. Stand out in a field
45. Org. with eligibility rules
46. Bygone NYC punk club
47. Will Smith title role
48. Hanks and Harkin
49. Son of Eve
50. They succeeded the Cheneys
53. Boar's head?
54. Apollo plucked it
55. Some sonata movements
57. Claiborne of couture
59. Benjamin Netanyahu, to friends
60. Chain that boasts its
600+ stores average
55,000 square feet
66. Bryant of the NBA
67. He appears but does not talk in the 2004 movie "Garfield"
68. Rockne of Notre Dame fame
69. Tan and other
70. Zingy taste
71. Trap
5. Stone and Stallone
6. Santa ____ winds
7. Place for a margarita's salt
8. Network which aired the rant by Rick Santelli in 2009 that ended up inspiring the Tea Party movement
9. Doctor's request
10. Nightmare cause
11. Ben & Jerry's ice cream flavor with pretzels, peanut butter and fudge
12. "I give up!"
13. Elbows
18. Like Abercrombie & Fitch clothing
22. Stereotypical parrot name
23. Fireplace insert
24. Pack again for shipping
25. "Sesame Street" character who, in her 2006 debut on the show, has Maria fix her magic wand
27. Classless kid?
28. Pipe material for Frosty the Snowman
32. Tussaud, for one
37. Ire
38. Aristocratic
40. Russian pancakes
41. In a vulgar way
44. Mournful poems
46. Pizzeria offering that translates to "pant leg"
50. Coffee cake variety
51. It shouldn't be taken literally
52. Not ____ (mediocre)
56. Fountain offering
58. Varieties
61. Recycling ____
62. Dog command
63. "However ..."
64. A/C meas.
65. "You betcha!"

DOWN

1. It's often seen next to rum or rummy
2. mouthhealthy.org
3. Band with the 1991 hit "Shiny Happy People"
4. 1961 Yevgeny Yevtushenko poem which Khrushchev rebuked and Shostakovich put to music
5. Stone and Stallone
6. Santa ____ winds
7. Place for a margarita's salt
8. Network which aired the rant by Rick Santelli in 2009 that ended up inspiring the Tea Party movement
9. Doctor's request
10. Nightmare cause
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58. Varieties
61. Recycling ____
62. Dog command
63. "However ..."
64. A/C meas.
65. "You betcha!"

LAST WEEK'S ANSWERS TO 3X5

A	T	A	R	I	P	E	G	B	A	R	T	S
D	O	R	I	C	T	R	L	I	D	A	H	O
J	O	Y	C	E	C	A	R	O	L	O	A	T
			H	B	O		O	R	E			
L	Y	D	I	A	M	A	R	I	A	C	H	I
Y	O	U	N	G	M	C	A	L	I	G	N	E
E	M	S		I	R	A		I	T	H	E	E
			T	H	R	E	E	B	Y	F	I	V
N	A	B	O	O		M	E	I		R	O	E
T	R	I	U	M	P	H		S	T	E	P	I
H	E	N	R	Y	L	O	U	I	S	G	A	T
					E	R	N		I	G	Y	
S	A	C	H	A	B	A	R	O	N	C	O	H
I	D	E	A	L		C	I	N		U	L	T
S	M	O	R	E		E	G	O		P	A	S

su | do | ku

© Puzzles by Pappocom

EASY #58

		4		8		2		
8	6			1			9	5
2								3
	2	8	1		4	5	6	
	4	7	9		5	8	3	
9								1
7	8			2			5	4
		2		5	3			

www.sudoku.com

Field Notes



Two mirrors set at right angles to each other will let you see yourself as others see you, not left-right reversed. *Cmglee/Wikimedia*

Disruption (Personal Edition)

By Barry Evans

fieldnotes@northcoastjournal.com

“Disruption” seems to be the latest business fad; if you’re not disrupting — taking risks, causing chaos and regularly failing — you may as well pack up and go home. Being neither a capitalistic mover nor shaker, I can’t offer an opinion on corporate change, but I will on personal change. We humans have evolved to be super-flexible, our survival having depended on our ability to change according to the environment and circumstances. That’s how humans, from the earliest times, were able to extend their range to the ends of the earth — fashioning clothes from animal skins to maintain body temperature in cold climates, making boats to migrate to new lands, harnessing the power of oxen to plow for our new-fangled agriculture. “Change or die” might well have been the motto of our species.

Now that most of us have more stability and are not constantly challenged by the pressures of a hostile environment, it’s easy to settle into routines — which can lead to inactivity and apathy. In order to not just survive but to thrive, we need to do what our hardy ancestors did: change. Me, I dread slipping into a routine-rut: getting up at the same time every day, hearing myself tell the same stories, paying the same bills year after year. If you empathize, here are some disruptive ideas to consider as we embark on the New Year:

Money

Try following libertarian Harry Brown’s advice: Pick an amount (\$2, \$5, \$20) that you’re willing to simply let go of rather than argue over — if you picked \$5, and realized the waiter overcharged a buck, make believe it’s OK and just pay it. Get a \$10 roll of quarters from the bank and give them all away in the next hour. Outlaw pennies — leave those you receive in change.

Inner Life

Sit quietly without any stimulation, eyes closed, listening for the farthest sound.

Start writing with the stem “I’m ready to ...” for 15 minutes (no editing on the fly). Choose your own funeral music and record to a CD or flash drive (give to a younger friend with instructions).

Physical Life

Turn the shower on cold at the end. Wear no makeup, nothing to “improve” your looks. Time how long you can hold your breath. Fast for 24 hours. Go bowling. Walk in the rain. Eschew elevators and escalators for stairs. Tape two mirrors at right angles and see yourself as others see you (that is, not left-right reversed as in a regular mirror — see image above).

Relating

Learn the name and birth town of one stranger per day for the next week. Take turns at word association with a friend — no pauses! Walk blind for 500 steps: eyes closed, holding hands with your bestie. Ask the next telemarketer how their day is going. Write a letter to the editor.

Stuff

Purge shelves and walls of any trinkets or art that you haven’t noticed for a week. Store unused stuff in taped-up boxes with a note, “Dump on January 1, 2017,” as you consider Kris Kristofferson’s line: “Freedom’s just a name for nothing left to lose.”

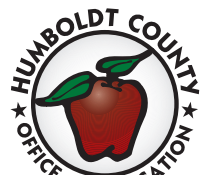
Night Life

Change your digital clock or watch to 24-hour time. Set your alarm for 0300 hours and go for a nightwalk. Follow the phases of the moon over the next month. Sleep in a different room or on the floor. Use the word “crepuscular.” If you live near city lights, promise yourself, sometime in the next six months, you’ll see the Milky Way as our ancestors did, from a dark site on a moonless night. ●

Barry Evans (barryevans9@yahoo.com) resolves to purge in 2016: beliefs, guilt and stuff, including old T-shirts.

Opportunities

AMERICAN STAR PRIVATE SECURITY. Is Now Hiring. Clean record. Drivers license required. Must own vehicle. Apply at 922 E Street, Suite A, Eureka (707) 476-9262. (E-1231)



EDUCATION: EQUAL OPPORTUNITY TITLE IX

For jobs in education in all school districts in Humboldt County, including teaching, instructional aides, coaches, office staff, custodians, bus drivers, and many more. Go to our website at www.humboldt.k12.ca.us and click on Employment Opportunities. Applications and job flyers may be picked up at the Personnel Office, Humboldt County Office of Education 901 Myrtle Ave, Eureka, or accessed online. For more information call 445-7039. (E-0625)

NEW YEAR, NEW AIRLINE CAREERS - Get training as FAA certified Aviation Technician. Financial aid for qualified students. Career placement assistance. Call Aviation Institute of Maintenance 800-725-1563 (AAN CAN)

CAREER TRAINING: New Year, Aviation Career - If you're a hands on learner, you can learn to fix jets. Career placement, financial aid for qualified students. Call AIM 866-231-7177 (E-1231)



KITCHEN & HOUSEKEEPERS

Want your job to be meaningful? On-Call to join team at behavioral health center. Cook \$11.31/hr Housekeeping \$10.14/hr EEO/AA/Minority/F/Vet/ Disability Employer. 2370 Buhne St, Eureka



North Coast Rape Crisis Team Educator/Advocate

North Coast Rape Crisis Team has a full time Educator/Advocate opening starting at \$16.50/hr with excellent benefits for self-aware, team-oriented person wanting to support survivors of sexual assault.

Job duties: crisis intervention, on call shifts, provision of interactive presentations & participation in community outreach. Extensive training provided. Computer experience necessary, bilingual/multicultural experience highly desired.

Applications due January 8th by 4 pm
Call 707 443-2737 for info. EOE



Southern Humboldt Community Healthcare District is now accepting applications for:

ADVANCED PRACTITIONER

Full or Part Time Position. Current California Family Nurse Practitioner or Physician's Assistant License Required.

CLINICAL LAB SCIENTIST

Full Time Position. California Clinical Laboratory Scientist. Chemistry, hematology, UA, coagulation and blood bank experience required. Includes shared call.

ADMIN ASST/MED STAFF COORD/BOARD SEC

Full Time Position. The Position assists the Administrator by performing various assigned functions including executive duties requiring ability to work independently and to maintain compliance with regulatory and licensing agencies. Associate Degree preferred. Minimum five years secretarial experience required. Computer literacy required.

INFECTION PREVENTION/EMPLOYEE HEALTH/QUALITY ASSURANCE

Full Time or Part Time Position. Position includes, but is not limited to, infection monitoring and reporting, infection risk assessment and prevention, policy and procedure development, staff education, and outbreak management. Employee Health role includes, but is not limited to, new employee and annual health assessments, immunization programs, exposure management, and safe patient handling programs. Must be able to communicate clearly, verbally and in writing to interface with employees, medical staff, and state, local, and federal health departments and programs. BSN preferred. Certification in Infection Control (CIC) preferred, but willing to train the right candidate.

REGISTERED NURSE

Full Time, Part Time, or Per Diem Position. Current RN License and CPR certification required. Work 12-hour shifts in our critical access emergency room.

LICENSED VOCATIONAL NURSE

Full Time position. Current LVN license and CPR certification required. Work 12-hour shifts in our 8-bed skilled nursing facility or 8-hour shifts in our out-patient clinic.

CERTIFIED NURSE ASSISTANT

Full Time, Part Time, or Per Diem Position. Direct Patient Care, activities with the residents/patients. Must possess CNA Certificate and CPR Certification.

*Full Benefits package to Full Time Employees:
Paid Time Off (PTO), medical, dental, vision, life insurance, retirement plan with employer match and discounted local gym membership.

Health Insurance for Part Time Employees
*Shared housing available between shifts

Visit www.shchd.org for more information and to apply
Or call (707) 923-3921 ext. 230

YUROK TRIBE JOB OPENINGS

For more information go to: www.yuroktribe.org

#0587 HEAD START TEACHER

RG/FT KEPEL \$17.69-\$22.98 REVIEW: 12/30/15

#0721 HEAD START TEACHER

RG/FT KLAMATH \$17.69-\$22.98 REVIEW: 12/30/15

#0722 POLICE OFFICER

RG/FT KLAMATH \$21.05-\$26.58 REVIEW: 12/30/15

#0725 EMERGENCY SERVICES SPECIALIST

RG/FT KLAMATH \$19.15/\$21.20 REVIEW: 12/30/15

#0726 CLERICAL ASSISTANT (COUNCIL SUPPORT)

RG/FT KLAMATH \$15.45 REVIEW: 12/30/15

#0732 ADMINISTRATIVE ASSISTANT CHILD SUPPORT (TRIBAL COURT)

RG/FT KLAMATH/EUREKA \$13.81 REVIEW: 12/30/15

#0731 CONTRACT PROCUREMENT SPECIALIST

RG/FT KLAMATH \$48,871-\$63,528 REVIEW: 12/30/15

#0734 TERO FIELD REPRESENTATIVE

RG/FT KLAMATH \$15.45/\$17.23 REVIEW: 1/8/16

#0738 EXECUTIVE DIRECTOR

RG/FT KLAMATH \$117,147 TO NEGOTIABLE DOE O.U.F.



Building Healthy Communities (BHC) is a place-based initiative supported by The California Endowment directed at improving the health and well-being of residents of Del Norte County and the adjacent tribal lands through systems and policy change driven by residents and collaborative partnerships.

Director of Building Healthy Communities

This is a full time exempt position based in Crescent City, CA. Compensation is \$65k-\$85 DOE, and includes benefits. This individual is responsible for management of the BHC Initiative, including vision, strategy, learning, evaluation, and communication strategy; management of BHC grants and contracts; and management of The California Endowment (TCE) training opportunities. The ideal candidate should have a personal commitment to social justice and inclusion; competency in working with and building relationships within diverse communities; demonstrated skill in community leadership and civic engagement; excellent written, oral, and interpersonal communications skills; supervisory skills; and grant writing experience.

Building Healthy Communities Program Manager - Education

This is a full time salaried position based in Crescent City, CA. Compensation is \$46k-\$52k DOE, and includes benefits. This individual is responsible for working with school leaders, educators, parents, students and community members to support policy and systems change that ensure children in disadvantaged communities are healthy, safe and ready to learn. The ideal candidate has experience in working successfully with educational systems and understands the landscape of the local education continuum; personal commitment to social justice and inclusion; competency in working and building relationships within diverse communities; demonstrated skill in community leadership and civic engagement; excellent written, oral, and interpersonal communications skills.

For detailed job descriptions and application procedures please visit the Employment Opportunities page on our website at www.wildriverscf.org. For more information, contact Geneva Wiki at (707) 465-1238.

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Email resume to Pamela@restif.com

County of Humboldt FACILITIES MAINTENANCE MECHANIC I/II

\$2,632-\$4,083 Monthly (Plus Benefits)

Humboldt County is recruiting for a Facilities Maintenance Mechanic at both the entry and journeyman levels. This recruitment will be used to fill assignments at the Sheriff Department only.

Duties include a variety of mechanical and electrical installation, repair, maintenance and modification work at Sheriff Department buildings and facilities. The successful candidate will be working in secure areas of the Correctional Facility. There will be no direct contact with inmates, but work may need to be done while in the proximity of inmates under watch by correctional officers.

For the entry level position, two years of experience in maintenance of stationary mechanical equipment or electrical repair work desired. For the journeyman level position, four years of similar experience is desired.

Filing deadline: January 7, 2016. Apply online at www.humboldt.gov/hr/aa/eoe.



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Director Of Design And Engineering



United Indian Health Services, Inc.

Application deadline: January 6, 2016

Diabetes Program Manager

Implements prevention efforts in community and provides clinical coordination with medical providers Arcata/Full Time

Nutrition Manager/ Dietician

Manager nutrition programs which educates and promotes health and wellness throughout the Community. Arcata/Full Time

Medical Provider – MD/DO or FNP/PA

Provides general medical care and treatment to patients in medical facility such as a clinic, health center, or public health agency. Smith River/Del Norte /Full Time/Open Until Filled

OB /NA-AS Coordinator-Clinical Nurse

Manages Obstetrics Program working closely with Providers. Arcata/Full Time

Lab Assistant

Perform specimen collection and routine diagnostic test with supervision. Humboldt/Del Norte Full Time/Per-Diem

Dental Assistant

Work with dentist and dental team to provide quality oral healthcare Arcata/Per-Diem

Clinical Nurse-RN

Arcata/Weitchpec Full Time Del Norte/Humboldt Part Time Provide appropriate sensitive care.

Medical Assistant's

Weitchpec/Arcata/Fortuna ~ Assists with examination and treatments must be injection certified with a current BLS. Job description & salary range posted on website. Full Time/Per Diem

Electronic Health Records Technician

Trains and coordinates staff using Electronic Health Records. Tracks training of staff in education plans for EHR. Arcata/Full Time

Employment application available online at www.uihs.org. Email application, cover letter and resume to

UIHS-Recruiting@cuihb.org

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Community Outreach Liaison Medical Social Worker (.8 FTE) Per Diem RN Per Diem Aide Chaplain (.4 FTE)

Visit www.hospiceofhumboldt.org or call (707) 445-8443 for more information.



The Hoopa Valley Tribe is accepting applications to fill the following vacant position

Vocational Rehabilitation Counselor

Hoopa-Yurok Vocational Rehabilitation Program, Ed. Dept.; Reg. F/T; Salary \$36,540.00–\$38,570.00/yr.; **QUALIFICATIONS:** Bachelor's Degree in Voc. Rehab. Counseling, Guidance Counseling; Psychology, Sociology, or Social work. Master's Degree in any of these disciplines is strongly preferred; 2 yrs. of social work experience; knowledge of Tribal Gov.; Federal Regs., Computer Literate mandatory; Must pass a full background check. **DEADLINE:** JANUARY 8, 2016.

Vocational Rehabilitation Program Manager

Hoopa-Yurok Vocational Rehabilitation Program; Reg. F/T; Salary \$47,200.00/yr.; **QUALIFICATIONS:** Bachelor's Degree in Voc. Rehab. Counseling, Guidance Counseling, Psychology, Sociology or Social Work. A Master's Degree in any one of these disciplines is strongly preferred; 2 yrs. of social work experience; 2 yrs. experience in management of social or human services program; Knowledge of Tribal Gov. and Federal Regs., Computer Literate preferred; Understanding of local Native American cultural heritage is vital; CDL and be insurable; Must pass a full background check. **DEADLINE:** JANUARY 8, 2016.

Submit applications, job information contact the Human Resources Department, Hoopa Valley Tribe, P.O. Box 218, Hoopa, CA 95546 or call (530) 625-9200 ext. 15. The Tribe's Drug and Alcohol Policy and TERO Ordinance apply.



United Indian Health Services, Inc.

Lactation Consultant

We are looking for a subcontractor for breast feeding training and support to UIHS Staff and WIC participants. 25 hours per month \$30 per hour.

Employment application available online at www.uihs.org. Email application, cover letter and resume to UIHS-Recruiting@cuihb.org

Serving the Native American Community since 1970. In accordance with PL 93-638 American Indian Preference shall be given.



Humboldt County Office of Education

Principal Account Technician

FT, 7.5 Hrs./Day, 12 Mo./Yr., 260 days.
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Qualifications: Requires 5 years of experience in fiscal records preparation and maintenance and competency in spreadsheet and software applications. Eligible for H&W Benefits, PERS.

Applications available at HCOE or online:

www.humboldt.k12.ca.us

Reply to: PERSONNEL, HCOE, 901 Myrtle Ave., Eureka, CA 95501. For questions contact Kathy Atkinson at katkinson@humboldt.k12.ca.us or call (707) 445-7039. **Closes: 1/13/2016, 4 PM**

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DIETICIAN

1 F/T Eureka

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LCSW

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LVN/ MA

1 F/T Crescent City

MEDICAL BILLER

1 F/T Arcata

MEDICAL ASSISTANT

1 F/T Fortuna

REGISTERED DENTAL ASSISTANT

2 F/T Eureka

REGISTERED NURSE

1 F/T Willow Creek

1 F/T Fortuna

RN-PEDIATRICS

1 F/T Eureka

RN CLINIC COORDINATOR (Supervisor)

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RN-OPERATIONS

1 F/T Eureka

RN- TRANSITION & CARE COORDINATOR

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CITY OF FORTUNA COMMUNITY SERVICES OFFICER-FIELD CSO

(TWO (2) POSITIONS), PART-TIME (25 HOURS PER WEEK), \$14.74 TO \$17.91 PER HOUR.

Performs routine supportive police duties, such as Parking Enforcement, Animal Control, Receptionist Tasks, Evidence Tracking, minor reports and other related work as required within assigned department.

Must be 18 and have current CDL. Background Required.

Job description and required application available at, City of Fortuna, 621 11th St., 725-7600 or www.friendlyfortuna.com.

Applications due by
January 15, 2016 at 4pm.



CITY OF FORTUNA POLICE DEPARTMENT, RECORDS CLERK

(TWO (2) POSITIONS), PART-TIME (25 HOURS PER WEEK), \$13.92 TO \$16.91 PER HOUR.

Perform a wide variety of office support work for the City's police department programs; data entry; organize files; receptionist duties; provide a variety of information to the public about the department, its policies, programs and services; and to do related work as required within assigned department. Must be 18 and have current CDL. Background Required.

Job description and required application available at, City of Fortuna, 621 11th St., 725-7600 or www.friendlyfortuna.com.

Applications due by
January 15, 2016 at 4pm.

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Full-time Licensed Clinical Social Worker (LCSW)

Redwoods Rural Health Center seeks a LCSW to provide integrated behavioral health services for clients in Redway. Works closely with the on-site medical providers, county case management, and specialty mental health.

This is a full-time position with paid time off, employer-sponsored health benefits, and Loan Repayment through the NHSC.

Full-time LVN/RN

Candidates must possess a current nursing license, as well as, clinical experience, strong triage skills, computer proficiency, and management abilities.

RRHC is an EOE and offers a four-day work week, as well as, competitive compensation and benefit packages.

Interested and qualified candidates may apply at:
Redwoods Rural Health Center
 101 West Coast Rd
 P.O. Box 769,
 Redway, CA 95560,
 download an employment application from www.rrhc.org or contact RRHC at (707) 923-2783.



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1 FT in Eureka, CA. Advocating & coordinates services for older children with developmental disabilities. Requires MA or BA with experience in human services or related field. Salary range \$2,783 - \$3,916. Excellent benefits.

Visit www.redwoodcoastrc.org for more information & required documents.

Closes 1/12/16 at 5PM

RCHDC

Rural Communities Housing Development Corporation

Rural Communities Housing Development Corporation, a Non-profit housing corporation, is seeking an On-Site Maintenance Person for apartment complex in Fortuna

On-Site MAINTENANCE-PT

Non-profit housing corporation seeks on-site maintenance person for apartment complex in Fortuna. Need working knowledge of basic plumbing, electric and painting. Valid CA DL and insurance.

Applications available www.rchdc.org or call: (707) 463-1975, ext 0. EOE.

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BERRY SUMMIT LAND/ PROPERTY \$3,200,000

12 legal parcels totaling $\pm$ 2,240 acres only 30 minutes from Arcata! Property has convenient deeded access off of HWY 299 and Titlow Hill Road, scenic Redwood Valley views, and some parcels offer PG&E power. Water sources include creeks and natural spring fed ponds. Parcels have a variety of timber including Maple, Tan Oak, Cedar, Fir, Alder, Pine and Madrone. Several investment opportunities available.

KNEELAND LAND/ PROPERTY \$289,000

$\pm$ 80 acres located near the intersection of Greenwood Heights and Kneeland Road, only 25 minutes from Eureka. This lush end of the road parcel boasts harvestable Redwood timber, year round creek, and beautiful Humboldt County views. This unique parcel is ready for your personal development, call today to schedule your private tour. Seller is truly motivated, submit all offers! Owner may carry.



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WILLOW CREEK LAND/PROPERTY \$99,000

This is a unique 3 acre property with gorgeous views, open meadows, timber, available power, and an impressive swimming hole, all a short distance from Willow Creek! Contact us for a showing today.

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This $\pm$ 29 acre property split by HWY 299 offers the best of both worlds! The Eastern portion of the property features an open meadow three acre flat with a gated driveway, PG&E lines to the property and beautiful river views. The upper, Western portion of the property boasts wooded privacy with roads throughout and a year round spring.



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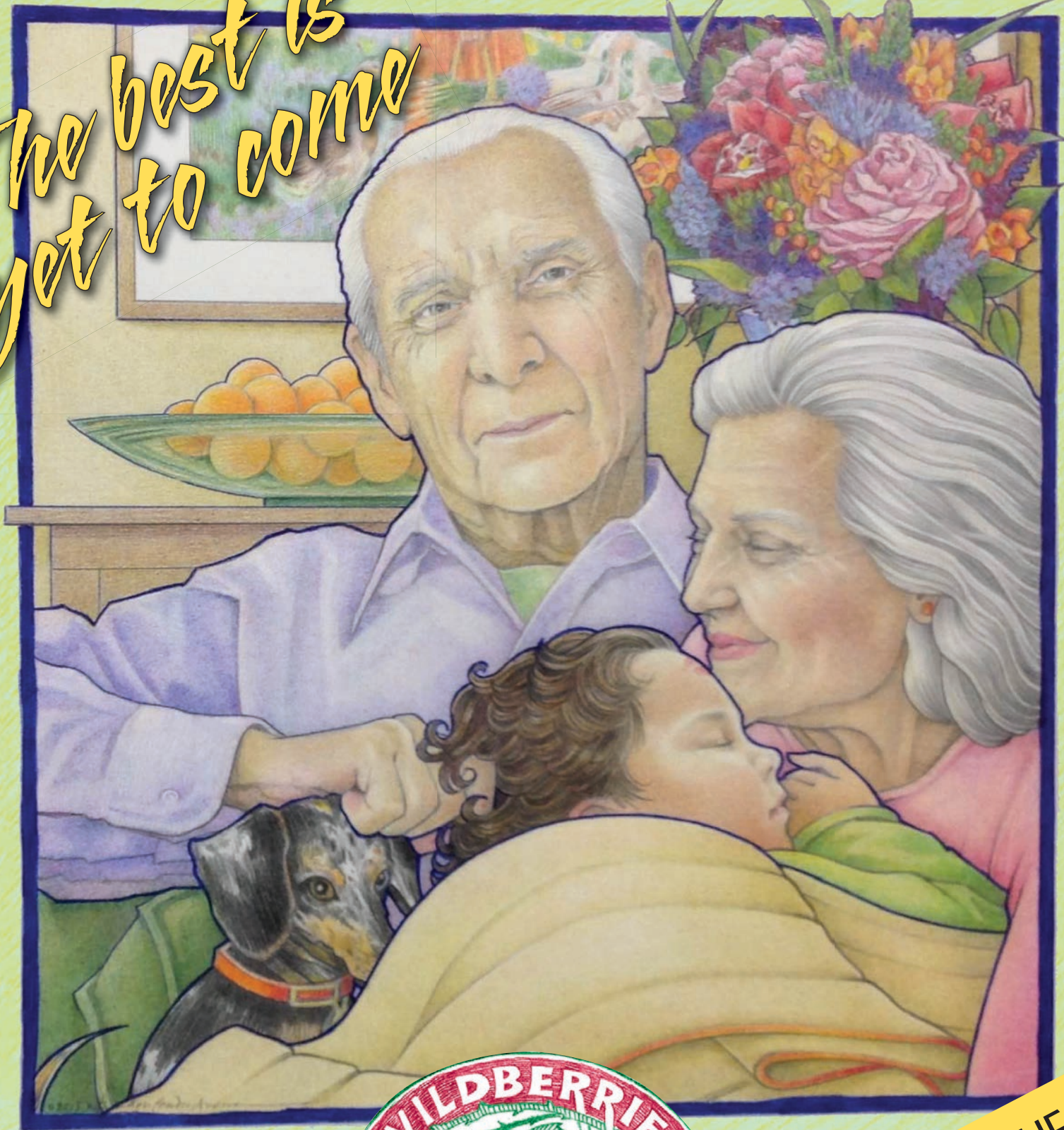
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Name: Sour Diesel
Genetics: a definitive Sour



\$10.00 per starter clone
\$15.00 per potted clone

Yield: Excellent
THC Potency: 20-22%
Indoor/Depi: 70 days
Outdoor Harvest: 3rd week of Oct.

Story: When you have a popular name like Sour Diesel, you need to find a way to stand out from the crowd. And that’s just what this red-hot Sour Diesel does. Her sour flavor comes at you like a megaphone, loud and unmistakable. She often stays strong in the face of challenging circumstances -- she is such an aggressive grower that almost nothing can stop her. She doesn’t pack light, either, producing an excellent yield every cycle.

- Characteristics:**
- Aggressive Grower
 - Loud sour flavor

- Unique Tidbits:**
- A+ Sour Diesel cut
 - Resistant to mold

Name: Green Crack
Genetics: Skunk No. 1 & unknown Indica male



\$10.00 per starter clone
\$15.00 per potted clone

Yield: Medium
THC Potency: 18%
Indoor/Depi: 55 days

Story: Sweet and Peppy, Green Crack is the cheerleader of Cannabis. She smells like candy and flowers, and she provides the “up” you need in a day (without any actual cheering). The pleasant, enjoyable feeling she leaves behind is that of being carefree. Unlike the stereotypical cheerleader though, Green Crack is fairly forgiving.

- Characteristics:**
- Average 5 pounds per clone outdoor
 - Sturdy, resilient strain
 - Floral, cerebral high
 - Great flavor
 - Excellent as hash
 - Anti-anxiety, carefree high
 - Breakfast blend

- Unique Tidbits:**
- Very forgiving
 - Open structure
 - From the Carolinas

Name: Blue Dream
Genetics: Blueberry to Super Silver Haze



\$10.00 per starter clone
\$15.00 per potted clone

Yield: Excellent
THC Potency: 20%
Indoor/Depi: 65 Days

Story: Unbridled ambition is the trademark of Blue Dream. She remains a favorite because she is the standard by which all other yields are measured. No matter how much you give her, she can take more. You are what retrain her growth. She grows fast and aggressive, and she’s not afraid to go big. Big, dense buds create a scent that is fresh and sweet, with a subtle blueberry tinge if you treated her well.

- Characteristics:**
- Aggressive growth pattern
 - Blueberry flavor when cured well
 - Sweet, fresh scent
 - Up to 10-13 lbs per clone
 - Euphoric, cerebral, motivational high

- Unique Tidbits:**
- Does well at higher elevation
 - Very hungry for light, water, nutrients
 - Large pots, can exceed 12 feet
 - Late season rain can cause PM and crumbling in dense buds
 - Highest outdoor yield available

Space Gem Candy

Gummies
One Pack
60 mg. THC
Per Pack
\$10.00



Lollipops
One Per Package
Many Flavors
Available!
60 mg. THC
\$12.00

Angelica Bath & Body

Lavender Glycerin
& Olive Oil
With lavender essential oil
(blend), Vit E & Hemp seed oils.



Small Soaps **\$8**
Large Soaps **\$10**

Hand Crafted Shea
Butter Soap



Angelica's Tea

Cana-Chamomile: Organic dried chamomile flowers,
dried orange peel and cannabis. A very calming,
relaxing, restorative tea.



Cana-Chai: Organic Chia
tea, a beautiful blend of
herbs and spices with
cannabis.

Cana-Pain: Organic nettle, green sencha tea,
valerian root, corydalis, Jamaican dogwood bark,
and cannabis. Options: Cream, honey, lemon. Steep
for 15 min with lid. Enjoy 1-3 cups per day.

3-Pack Tea Bags **\$10**
9-Pack Tea Bags **\$25**



Concentrates

BHO Shatter

- Sour Girl **\$40/g**
- Green Ribbon **\$40/g**
- OGXXX **\$50/g**
- Nug Run **\$60/g**
- Green Ribbon
- Humboldt OG
73.5% THC
- Live Nug Run **\$70/g**
- Girl Scout
Cookies
75% THC



Propane Extracts

- King Kush **\$60/g**
- XIII Kings
- BLU PWR

Happy New Year from Wonderland!



Photos by TheGanjier.com

Winter Sale Absolute Xtracts

4 cartridges for \$100

\$35 each
for THC cartridges

\$60 each
for CBD cartridges

(1/2 gram vape pen cartridges)

